

# Better Homes & Gardens<sup>®</sup> **air fryer** RECIPES<sup>™</sup>

**NEW FAVE!**  
BLUEBERRY &  
CREAM CHEESE  
FRENCH TOAST  
MUFFINS

**79**  
**BREAKFASTS,  
DINNERS,  
APPETIZERS,  
DESSERTS**

OUR TOP  
TESTED  
RECIPES

30-MINUTE  
MEDITERRANEAN  
MEALS

NO-MESS  
FRIED  
CHICKEN

2024  
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# air fryer

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# AIR-FRYER BASICS



An air fryer is actually not a fryer. Essentially a mini convection oven, an air fryer has a heating element along with a fan that circulates hot air around your food.

The food goes into the air-fryer basket or onto the tray that is placed inside the appliance. Because the basket or tray is suspended and accessible to heat from all sides, this results in a crispy texture similar to deep-frying.

## Choosing an Air Fryer

*There are many different models available, and it can be overwhelming to choose. Keep these tips in mind when shopping.*

**SIZE** Air fryers come in a wide range of sizes, from 1 quart for singles to 16 quarts for party-throwers. So how many people on average do you need to feed? Also, the bigger the fryer basket, the fewer batches you need to cook, and the faster dinner gets to the table. (Caveat: The bigger the fryer, the more counter space it consumes. See *Space, right*.)

**FEATURES & PRICE** There isn't much difference between air fryers in terms of how well they cook. As with a new car, it's the options that bump up the price. Less-expensive models often have dials for temperature and cooking time. Higher-end models have digital displays and presets that allow you to choose the precise cooking temperature and time.

**SPACE** If you don't have much of it, a countertop toaster oven with an air-fry setting might be the right model for you. If portability is a priority—because you want to take your air fryer to a vacation cabin, for example—look for an air fryer-only model that's lighter and easier to transport.

### WHAT YOU NEED TO KNOW ABOUT OIL

*Most air fryers don't require oil, but using cooking spray or tossing your food with a little oil before cooking will improve the texture and flavor. If you use too much oil, however, you risk drips that can smoke.*

- **A neutral-tasting oil with a high smoke point**, such as vegetable, grape-seed, or canola oil, is best. Beware of extra virgin olive oil. Its low smoke point and an air fryer's high temps can spell trouble. If using EVOO, make sure your air

fryer's temperature isn't much above 350°F.

- **Coat low-fat foods** like lean meats (such as skinless chicken), potatoes, and vegetables with cooking spray or oil right before cooking.

- **For foods coated with flour, bread crumbs, or other dry ingredient**, coat with cooking spray or mist with oil immediately before cooking.

- **Some recipes call for lightly coating the basket** to keep food from sticking, but cooking spray could

damage a fryer's nonstick surface over time. Follow the manufacturer's instructions.

- **Naturally fatty foods**, such as red meat or skin-on poultry, likely don't need additional oil. Let the recipe be your guide.



# TIPS FROM OUR TEST KITCHEN

## DOUBLE UP OR HALVE IT.

Depending on your household size or how many you are cooking for, these recipes can be doubled or halved easily.

Just keep in mind that you will need to cook in more or fewer batches.



**Take Care when Breading.** Circulating air can blow around loose crumbs. Minimize them by evenly coating the food with oil (or whatever you're using to get crumbs to stick on) before breading it.

**Batch the Timing.** When batch-cooking, adjust the time as needed after the first batch. Cook times may be shorter for later batches because the air fryer is already hot.



**BATCH IT.** Overloading the air-fryer basket slows cooking. It also guarantees uneven results because hot air can't get to all the food surfaces. (And who likes soggy fries?)

**SPRAY IT.** When you can, coat food with cooking spray before you put it in the air-fryer basket. Some recipes call for lightly coating the basket to keep food from sticking. But as with skillets and pans, cooking spray could damage an air fryer's nonstick surfaces over time.

## Watch for Smoke Signals.

Smoking usually indicates burning grease or crumbs. So always start with a clean basket and drawer. If you're cooking high-fat foods like bacon or skin-on chicken, prevent the drippings from smoking/overheating by cooking longer at a lower temp.

**SHAKE IT.** Halfway through cooking, shake the air-fryer basket so food crisps evenly. Or use tongs, which can make it easier and less messy to turn over breaded meat or delicate ingredients.

## TO PREHEAT ... OR NOT.

Our Test Kitchen determined that recipes usually do fine without a preheat. This is because most air fryers only take two to three minutes to come to temperature, and most food isn't affected by a cold start. There are a few exceptions, however. For the best sear on meats and poultry, a quick preheat helps. When cooking fish, a preheated basket helps to avoid sticking. The recipes in this issue specify a preheat stage when necessary. Check the manufacturer's instructions for preheating as well.



## PREHEAT NO-NO'S.

Do not place parchment or foil in the basket until you're ready to add the food. The paper or foil will blow around and can block the fan. If parchment makes contact with the heating element it may ignite.



**TIMES VARY.** Cook times differ across brands and sizes. Watch food closely during the last few minutes to avoid burning, especially when cooking sweets. Our Test Kitchen suggests trying the cook-time presets (if your machine has it) for various food types—particularly with meats. This built-in feature can help eliminate guesswork as you get to know your device.



## CLEAN

Unlike ovens, air fryers need to be cleaned after each use. Leftover food residue can result in odors, unpleasant tastes, or even foodborne illness.

A dirty air fryer will also heat up more slowly, consume more energy, and require more elbow grease to scrub. To get the most from this convenient kitchen appliance, keep it clean.

**To clean a drawer-style** air fryer, wash the basket with soap and water. Avoid using harsh cleansers or scrubbers that can damage the nonstick coating. Some models are dishwasher-safe; check the manufacturer's recommendation.

**For toaster oven-style** models, wash the basket and tray with soap and warm water, presoaking as necessary. Generally, these are not dishwasher-safe. Clean the exterior and door of the unit using soap and water and a soft cloth. Avoid any harsh or abrasive cleansers that can mar the finish. The easiest way to keep the fryer basket clean is to limit how dirty it gets. So whenever possible, coat food with cooking spray before putting it in the basket.

## COOL TOOLS

*Here are some handy accessories and dishes we put to use throughout the magazine.*

### 1. SILICONE TONGS

Silicone-coated tips prevent scratches on your air-fryer basket's nonstick surface. They are especially useful for turning food.

### 2. SILICONE MUFFIN CUPS

These nonstick muffin cups are air-fryer safe, simple to clean, and great for baking.

### 7-CAVITY SILICONE EGG BITE MOLD

Silicone egg molds can be used for making low-carb egg bites in the air fryer. Put it to use when you make the Banana-Oatmeal Bites on p. 10

### 4. 5- TO 6-OZ. RAMEKINS

Ramekins work great in the air fryer thanks to their size. Silicone, steel, porcelain, or ceramic are all safe to use in the air fryer.

### 5. 6- TO 7-INCH SOUFFLÉ DISH

Soufflé dishes come in handy for baking as they have good heat retention and straight sides.

### 7-INCH ROUND CAKE PAN

If you don't have a soufflé dish, a 7×2-inch cake pan is a good substitute for the recipes we have in this issue.

### 7. AIR FRYER LINERS

A silicone basket liner or Reynolds Kitchens Air Fryer Liners with precut holes keep food from sticking while letting hot air circulate. Liners also make cleanup a breeze.



# RISE & FRY

**Order's up! Your  
air fryer is serving  
up some hot  
and hearty  
breakfast specials  
to make your  
morning run like  
clockwork.**



10 min  
@ 350°F

# BLUEBERRY CREAM CHEESE FRENCH TOAST

## TORAGE

Place muffins in airtight container. Refrigerate for 2 days or freeze up to 2 weeks. To reheat, cook thawed muffins in the air fryer at 300°F for 14 minutes or until internal temperature is 165°F.

**ANDS ON** 20 minutes  
**AIR-FRY** 10 minutes per batch  
at 350°F

- 1 cup whole milk
- 4 eggs
- 2 Tbsp. granulated sugar
- 2 tsp. vanilla
- ½ tsp. almond extract
- ¼ tsp. salt
- 6 slices Texas toast, cut into ¾-inch cubes
- ½ cup fresh blueberries
- 4 oz. cream cheese, cut into thirty-two ½-inch pieces
- ¼ cup slivered almonds (optional)
- Powdered sugar
- Maple or blueberry syrup

In a large bowl whisk together first six ingredients (through salt). Add bread cubes, blueberries, and cream cheese cubes; toss to coat.

Divide bread mixture evenly among eight individual standard-size silicone muffin cups and top with slivered almonds (if using). (Cups will be very full and mounded).

Working in batches if needed, place muffin cups in air-fryer basket. Cook at 350°F for 10 minutes or until muffins are done (165°F) and tops are puffed and golden. Cool muffins about 3 minutes before serving. Sprinkle tops with powdered sugar and serve with syrup. **Makes 8 muffins.**

**PER MUFFIN** 254 cal., 9 g fat (4g sat. fat), 111 mg chol., 324 mg sodium, 35 g carb., 1 g fiber, 19 g sugars, 8 g pro.





**HANDS ON** 15 minutes  
**AIR-FRY** 10 minutes per batch  
at 360°F

10 min  
@ 360°F

- 1 cup all-purpose flour
- 2 Tbsp. sugar
- $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{8}$  tsp. baking soda
- $\frac{1}{8}$  tsp. salt
- 2 Tbsp. salted butter
- 1 egg
- $\frac{1}{4}$  cup buttermilk or sour milk
- $\frac{1}{2}$  cup shredded sharp cheddar cheese
- 4 strips bacon, crisp cooked and crumbled
- 1 Tbsp. finely chopped fresh chives

Preheat air fryer to 360°F. In a medium bowl stir together flour, sugar, baking powder, baking soda, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs.

In a small bowl beat egg with a fork. Remove 2 Tbsp. egg to another small bowl. Add buttermilk to remaining egg; whisk with fork until combined. Add to flour mixture. Stir with fork just until moistened. Gently stir in cheese, bacon, and chives.

Transfer dough to a lightly floured surface. Gently knead eight to 10 strokes or until dough is no longer sticky. Pat dough into a 6-inch circle. Cut into eight wedges, dipping knife in flour between cuts. Brush tops with reserved 2 Tbsp. egg.

Line air-fryer basket with perforated parchment paper (tip, p.85). Working in batches if needed, arrange dough wedges in a single layer in prepared basket. Cook 10 to 12 minutes or until scones are deep golden brown. If you like, immediately top with additional cheese. Serve warm. **Makes 8 mini scones.**

**PER MINI SCONES** 159 cal., 8 g fat (4 g sat. fat), 43 mg chol., 308 mg sodium, 16 g carb., 0 g fiber, 4 g sugars, 6 g pro.





# RASPBERRY COFFEE CAKE

30 min  
@ 320°F

**ANDS ON** 30 minutes  
**AIR-FRY** 30 minutes at 320°F  
**COOL** 30 minutes

- 1 recipe Streusel (*right*)
- $\frac{3}{4}$  cup granulated sugar, divided
- $\frac{1}{2}$  Tbsp. cornstarch
- $\frac{1}{2}$  cups fresh raspberries
- $\frac{1}{4}$  cup water
- $\frac{1}{4}$  cups all-purpose flour
- $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{4}$  tsp. baking soda
- 4 Tbsp. cold salted butter, cut up
- 1 egg, lightly beaten
- $\frac{1}{2}$  cup buttermilk
- 1 tsp. vanilla
- 1 recipe Powdered Sugar Icing (*right*) (optional)

Prepare Streusel; set aside. In a small saucepan stir together  $\frac{1}{4}$  cup of the granulated sugar and the cornstarch; add raspberries and the water. Cook and stir over medium until thickened and bubbly, about 4 minutes. Remove from heat.

Lightly grease a 7-inch soufflé dish or 7x2-inch round cake pan. In a large bowl stir together flour, remaining  $\frac{1}{2}$  cup granulated sugar, the baking powder, and baking soda. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in center of flour mixture.

In a medium bowl combine egg, buttermilk, and vanilla. Pour egg mixture into well in flour mixture. Stir just until moistened (batter should be lumpy and thick).

Spread half of the batter into prepared baking dish. Pour raspberry filling on top of batter. Carefully spoon remaining batter over raspberry filling. Sprinkle Streusel over top.

Place dish in air-fryer basket. Cook at 320°F for 30 to 40 minutes\*, or until streusel is golden and cake center registers 200°F to 210°F. Cool in pan on a wire rack

30 minutes. Serve warm. If using icing, cool cake completely, drizzle with Powdered Sugar Icing, and serve with additional raspberries. **Makes 8 servings** (1 piece each).

**\*TIP** Bake times vary somewhat between brands of air fryers.

**PER SERVING** 293 cal., 10 g fat (6 g sat. fat), 47 mg chol., 208 mg sodium, 48 g carb., 2 g fiber, 26 g sugars, 4 g pro.

## STREUSEL

In a bowl stir together  $\frac{1}{3}$  cup all-purpose flour, 3 Tbsp. packed brown sugar,  $\frac{1}{4}$  tsp. ground cinnamon, and  $\frac{1}{8}$  tsp. salt. Drizzle mixture with 2 Tbsp. melted salted butter; toss with a fork to combine.

## POWDERED SUGAR ICING

In a small bowl combine  $\frac{1}{2}$  cups powdered sugar,  $\frac{1}{4}$  tsp. vanilla or almond extract, and enough milk (about 1 Tbsp.) to make smooth and of drizzling consistency. Makes about  $\frac{1}{2}$  cup.





# BANANA-OATMEAL

4 min  
@ 370°F

**HANDS ON** 15 minutes  
**STAND** 10 minutes  
**AIR-FRY** 14 minutes at 370°F

- ½ cup regular rolled oats
- ½ cup mashed ripe banana
- 1 egg
- 2 Tbsp. milk
- 2 Tbsp. plain Greek yogurt
- 1 Tbsp. pure maple syrup
- ½ tsp. baking powder
- ¼ tsp. ground cinnamon
- ¼ tsp. salt
- Nonstick cooking spray
- 1 oz. semisweet chocolate, melted

Place oats in a blender; cover and blend until ground. Add banana, egg, milk, yogurt, maple syrup, baking powder,

cinnamon, and salt. Cover and blend until very smooth, scraping down sides as needed. Let batter rest 10 minutes.

Coat a 7-cavity silicone egg bite mold with cooking spray. Spoon 2½ Tbsp. batter into each prepared cavity.

Place mold in air-fryer basket. Cook at 370°F for 9 minutes. Carefully remove mold from the basket and invert onto a plate to remove oatmeal bites. Arrange oatmeal bites,

browned side down, back into basket. Cook 5 minutes more or until golden brown.

Drizzle oatmeal bites with melted chocolate. Serve warm.

**Makes 7 oatmeal bites.**

**PER OATMEAL BITE** 78 cal., 3 g fat (1 g sat. fat), 28 mg chol., 132 mg sodium, 11 g carb., 1 g fiber, 5 g sugars, 2 g pro.

*If you don't have a silicone egg bite mold, use individual standard-size silicone muffin cups coated with nonstick spray. Spoon Tbsp. batter into each muffin cup. Cook as directed.*







**HANDS ON** 15 minutes  
**AIR-FRY** 13 minutes per batch  
at 375°F

- ½ of a 17.3-oz. pkg. frozen puff pastry (1 sheet), thawed
- 2 oz. smoked Gouda or smoked cheddar cheese, shredded (½ cup), divided
- ¼ cup diced cooked ham
- 4 eggs
- ¼ tsp. black pepper
- 1 Tbsp. chopped fresh dill, for serving
- Hot pepper sauce (optional)

Unfold pastry sheet and cut into four squares.

Working in batches, arrange pastry squares in a single layer in air-fryer basket (do not overcrowd). Cook at 375°F for 5 to 6 minutes or until puffed and browned.

Using a metal tablespoon, gently press center of each pastry square to form an indentation. Place 1 Tbsp. each cheese and ham into each indentation. Return pastry squares to basket. One at a time, crack an egg into a small

bowl; pour one egg into each indentation.

Cook at 375°F for 8 to 9 minutes, topping each tart with 1 Tbsp. cheese after 4 minutes, or until egg whites are set. Keep tarts warm in a 200°F oven, if necessary. Cool tarts about 5 minutes before serving. Top with pepper, dill, and hot sauce (if using).

**Makes 4 tarts.**

**PER TART** 370 cal., 24 g fat (12 g sat. fat), 203 mg chol., 523 mg sodium, 24 g carb., 2 g fiber, 2 g sugars, 15 g pro.



20 min  
@ 360°F

## CRULLER DONUTS

**HANDS ON** 15 minutes

**COOL** 10 minutes

**AIR-FRY** 20 minutes per batch  
at 360°F

- $\frac{3}{4}$  cup water
- $\frac{1}{4}$  cup salted butter
- 2 tsp. sugar
- 1 pinch salt
- $\frac{1}{2}$  cup all-purpose flour
- 1 egg
- 1 egg white
- 1 recipe Cinnamon-Sugar  
(*above right*)
- 1 recipe desired Icing  
(*opposite*) (optional)
- Sprinkles (optional)

In a medium saucepan heat and stir the water, butter, sugar, and salt over medium until boiling. Add flour all at once. Cook and stir vigorously until mixture forms a ball. Remove from heat; let cool 10 minutes. Add egg, stirring until incorporated. Add egg white, stirring well until a smooth dough forms.

Spoon dough into a pastry bag fitted with a large open star tip. Line air-fryer basket with parchment paper. Working in batches if needed, pipe dough into 3-inch rings (tip, *opposite* onto parchment (do not overcrowd).

Cook at 360°F for 20 minutes, turning once after 12 minutes, or until golden brown.

Dip crullers in Cinnamon-Sugar or desired Icing (if using). If you like, add sprinkles. Serve warm.

**Makes 6 crullers.**

**PER CRULLER** 159 cal., 9 g fat (5 g sat. fat), 51 mg chol., 105 mg sodium, 18 g carb., 0 g fiber, 10 g sugars, 3 g pro.

# DONUT SHOP


With a crisp exterior and a light and airy center, crullers are simply irresistible! And with a cinnamon-sugar coating along with a couple glazes to choose from, these piped donuts can be tailored to your liking.

### CINNAMON-SUGAR

In a shallow dish combine  $\frac{1}{2}$  cup sugar and  $1\frac{1}{2}$  tsp. ground cinnamon.







### BERRY ICING

Make Powdered Sugar Icing as directed below, except stir in 1 Tbsp. powdered freeze dried fruit (such as raspberries or strawberries).

### RULLER SUCCESS

Use a large open star tip for piping dough.

#### Trace 3-inch circles

onto a piece of parchment paper to use as a guide for piping crullers.

#### Cut pieces of parchment paper into 4-inch squares.

Place parchment squares on top of guide when ready to pipe dough.

### CHOCOLATE ICING

Make Powdered Sugar Icing as directed below using milk, except stir in 2 Tbsp. unsweetened cocoa powder.

### POWDERED SUGAR ICING

In a small bowl combine 1 cup powdered sugar, 2 Tbsp. milk or orange juice, and 1 tsp. vanilla. Stir in additional milk or orange juice, 1 tsp. at a time to reach desired consistency. Use to drizzle or dip crullers. Makes 1 cup.



# ALL THINGS PIZZA

**Turn pizza night upside down! We took all the components of pizza parlor favorites—sauce, cheese, meats, and veggies—and whipped them into five completely different versions the family will devour.**



14 min  
@ 350°F

## UPREME PIZZA TARTS

HANDS ON 15 minutes AIR-FRY 14 minutes per batch at 350°F

- ½ of a 17.3-oz. pkg. frozen puff pastry sheets (1 sheet), thawed
- ¼ cup pizza sauce or basil pesto
- ¼ cup sliced cherry tomatoes
- ¼ cup mini pepperoni, Canadian bacon, and/or cooked sausage
- ¼ cup diced white onion and/or thinly sliced green pepper
- ¼ cup thinly sliced mushrooms and/or black olives
- ⅔ cup mozzarella pearls or fresh mozzarella cut into ½-inch pieces
- Crushed red pepper

Preheat air fryer to 350°F. Unfold pastry sheet and cut into four squares. Score a ½-inch border around each pastry square (do not cut through pastry).

Line air-fryer basket with perforated parchment paper (tip, [page 10](#)). Working in batches, place pastries, scored sides down, in a single layer in prepared basket (do not overcrowd). Cook 6 minutes. Remove pastries from the basket; turn over, scored sides up.

For each tart, spread 1 Tbsp. pizza sauce on pastries within borders. Top with tomatoes, meat, onion and/or green pepper, mushrooms and/or olives, and mozzarella. Sprinkle with crushed red pepper.

Working in batches, arrange tarts back into basket. Cook 8 minutes or until cheese is melted and the undersides of the tarts

are golden and flaky. Keep cooked tarts warm in a 200°F oven, if necessary. **Makes 4 tarts.**  
**PER TART** 349 cal., 23 g fat (11 g sat. fat), 22 mg chol., 532 mg sodium, 28 g carb., 2 g fiber, 4 g sugars, 10 g pro.

*Swap the tops!  
Personalize  
these tarts with  
your favorite  
pizza toppings.*







↓

### E AHEAD

Assemble Pepperoni Pizza Bombs as directed and keep refrigerated up to 24 hours. Air-fry as directed.

PEPPERONI  
PIZZA BOMBS,  
P. 18





10 min  
@ 375°F

## CO PIZZA DILLA

HANDS ON 15 minutes AIR-FRY 10 minutes per batch at 375°F

- 1 Tbsp. olive oil
- 5 oz. ground beef
- 2 tsp. taco seasoning mix
- ½ cup refried beans
- 3 Tbsp. salsa
- 4 6-inch flour tortillas
- ½ cups shredded cheddar or Mexican-style four-cheese blend (6 oz.), divided
- Nonstick cooking spray
- ¼ cup shredded lettuce
- ¼ cup crumbled taco-flavored tortilla chips
- 2 Tbsp. pico de gallo

In an 8-inch skillet heat oil over medium-high. Add ground beef and cook until browned; drain off any fat. Stir in taco seasoning mix and 3 Tbsp. *water*. Bring to a boil; reduce heat to low and simmer 3 minutes. Add refried beans and salsa and stir until combined; heat through.

Place two tortillas on a work surface. Top each tortilla with ½ cup of the cheese; place remaining two tortillas on top.

Working in batches, coat one quesadilla with cooking

spray. Place in air-fryer basket. Cook at 375°F for 5 minutes. Flip quesadilla; top with half of the beef mixture and ¼ cup of the cheese. Cook 5 minutes. Repeat with remaining quesadilla, beef mixture, and cheese.

Cut into wedges and top with lettuce, chips, and pico de gallo. **Makes 4 servings** ½ quesadilla each).

**PER SERVING** 500 cal., 30 g fat (11 g sat. fat), 65 mg chol., 619 mg sodium, 37 g carb., 3 g fiber, 1 g sugars, 22 g pro.





BBQ HAM AND  
PINEAPPLE  
PIZZA  
POCKET

*To let some steam release, vent the pizza pockets by pricking tops with a fork or cutting a shallow slit.*

10 min  
@ 350°F

## BBQ HAM AND PINEAPPLE PIZZA POCKET

HANDS ON 15 minutes AIR-FRY 10 minutes per batch at 350°F

- $\frac{3}{4}$  cup shredded pepper Jack cheese (3 oz.)
- $\frac{1}{2}$  cup diced cooked ham
- 3 Tbsp. diced pineapple
- 2 strips bacon, crisp-cooked and crumbled
- 2 Tbsp. barbecue sauce
- 1 green onion, thinly sliced
- 1 8-oz. pkg. crescent dough sheet

In a medium bowl combine cheese, ham, pineapple, bacon, barbecue sauce, and green onion.

On a lightly floured surface unfold and roll out dough into a 12×8-inch rectangle. Cut into four 6×4-inch rectangles. For each pizza pocket, place one-fourth

cheese mixture on bottom half of dough rectangles, leaving a  $\frac{1}{2}$ -inch border. Fold top halves of dough over filling. Seal edges with the tines of a fork; vent tops (tip, above)

Working in batches if needed, arrange pizza pockets in a single layer in air-fryer basket (do not overcrowd). Cook at 350°F for 10 to 12 minutes or until golden and centers are hot. If you like, serve with additional barbecue sauce.

**Makes 4 pizza pockets.**  
**PER PIZZA POCKET** 301 cal., 13 g fat (6 g sat. fat), 35 mg chol., 945 mg sodium, 32 g carb., 0 g fiber, 8 g sugars, 12 g pro.

9 min  
@ 350°F

## PEPPERONI PIZZA BOMBS

PICTURED ON P. 16  
HANDS ON 20 minutes  
AIR-FRY 9 minutes per batch at 350°F

- 1 16-oz. can refrigerated large flaky biscuits
- $\frac{1}{4}$  cup pizza sauce
- 16 slices pepperoni
- 4 sticks mozzarella string cheese, cut into 1-inch pieces (4 pieces per cheese stick)
- 3 Tbsp. plus 2 tsp. grated Parmesan cheese, divided
- 2 Tbsp. salted butter, melted
- $\frac{1}{2}$  tsp. dried Italian seasoning

Separate biscuits and roll each into 5-inch circles. For each bomb, spread  $1\frac{1}{2}$  tsp. pizza sauce on biscuits, leaving a  $\frac{1}{2}$ -inch border. Top with two slices pepperoni, two mozzarella pieces, and 1 tsp. Parmesan. Pull sides of biscuits up around filling and pinch together to seal.

In a bowl combine butter and Italian seasoning. Brush butter mixture over biscuits and sprinkle with remaining 1 Tbsp. Parmesan.

Working in batches if needed, arrange biscuits, sealed sides down, in a single layer in air-fryer basket (do not overcrowd). Cook at 350°F for 9 to 10 minutes, turning once after 6 minutes, or until golden brown.

If you like, serve with additional pizza sauce and Parmesan. **Makes 8 pizza bombs.**

**PER PIZZA BOMB** 275 cal., 14 g fat (7 g sat. fat), 24 mg chol., 703 mg sodium, 27 g carb., 1 g fiber, 6 g sugars, 9 g pro.

12 min  
@ 350°F

## MEAT-LOVER STROMBOLI

HANDS ON 20 minutes  
AIR-FRY 12 minutes per batch at 350°F  
COOL 3 minutes

- 1 lb. purchased pizza dough
- $\frac{1}{2}$  cup shredded mozzarella cheese (2 oz.)
- $\frac{1}{2}$  cup shredded provolone cheese (2 oz.)
- 6 oz. ground mild Italian sausage, cooked
- 20 slices pepperoni
- 20 slices Canadian bacon
- $\frac{1}{4}$  cup cooked bacon bits
- $\frac{1}{4}$  cup pizza sauce, plus more for serving
- 1 egg yolk
- 1 tsp. water
- 1 tsp. sesame seeds

On a lightly floured surface roll dough into a 14×10-inch rectangle. Cut the dough in half crosswise to form two ×7-inch rectangles.

For each stromboli, sprinkle 2 Tbsp. of each cheese on dough rectangles, leaving a  $\frac{1}{2}$ -inch border. Top with half of the sausage, pepperoni, Canadian bacon, and bacon bits. Top with 2 Tbsp. of the pizza sauce and 2 Tbsp. of each cheese.

Starting from a long side, roll up each dough around filling. Pinch seam and ends to seal. Lightly beat egg yolk with the water. Brush each dough with egg mixture and sprinkle with sesame seeds. Using a sharp knife, cut shallow slits on top of each to vent.

Working in batches, arrange one stromboli, sealed side down, in a C shape, in air-fryer basket. Cook at 350°F for 12 to 14 minutes, turning after 8 minutes, or until golden brown. Cool 3 minutes. Repeat with remaining stromboli. Cut into slices and, if you like, serve with additional pizza sauce. **Makes 4 servings** ( $\frac{1}{2}$  stromboli each).

**PER SERVING** 640 cal., 29 g fat (11 g sat. fat), 116 mg chol., 1,645 mg sodium, 54 g carb., 0 g fiber, 2 g sugars, 33 g pro.





### AVE DOUGH

We found that Trader Joe's pizza dough is one of the best options for this recipe: It has great homemade flavor, handles easily, and is affordable.

MEAT-LOVER  
STROMBOLI



# OUR BEST APPS

**Need a party-perfect appetizer? Your air fryer has it covered. We pulled together a collection of our all-time favorite snacks and munchies to make you a party-planning star.**





30 min  
@ 360°F

## PICY BUFFALO CHICKEN WINGS

HANDS ON 15 minutes AIR-FRY 30 minutes per batch at 360°F

- ½ cup mayonnaise
- ½ cup sour cream
- ½ cup crumbled blue cheese (2 oz.)
- 2 green onions, finely chopped
- 1 Tbsp. minced fresh flat-leaf parsley or dried parsley
- Garlic salt, to taste
- 24 chicken wing pieces (about 2 lb.)
- 1 Tbsp. olive oil
- ½ tsp. salt
- ⅓ cup Buffalo wing sauce
- ¼ cup salted butter
- 1 Tbsp. cider vinegar
- ½ tsp. garlic powder
- ⅛ tsp. cayenne pepper
- Carrot sticks and celery sticks (optional)

For dip, in a bowl stir together first six ingredients (through garlic salt). Cover and chill until ready to serve.

In a large bowl toss wings with oil and salt to coat.

Working in batches if needed, arrange wings in a single layer in air-fryer basket (do not overcrowd). Cook at 360°F for 30 minutes, turning once halfway through, or until skin is golden brown and crisp. Keep cooked wings warm in a 200°F oven, if necessary.

Meanwhile, for sauce, in a saucepan stir together next five ingredients (through cayenne pepper). Heat over medium until butter melts. Reduce heat to low and keep warm.

Toss wings with sauce. Serve with dip, carrot and celery sticks (if using), and, if you like, additional green onion and parsley. **Makes 8 servings** (3 wings each).

**PER SERVING** 380 cal., 33 g fat (11 g sat. fat), 131 mg chol., 700 mg sodium, 1 g carb., 0 g fiber, 1 g sugars, 18 g pro.



### GO MEATLESS

Replace chicken wings with 2 lb. (8 cups) cauliflower florets. Working in batches, cook cauliflower at 360°F for 12 to 15 minutes or until tender and lightly browned.



10 min  
@ 375°F

## ION RINGS WITH DIPPING SAUCE

HANDS ON 15 minutes  
AIR-FRY 10 minutes per batch  
at 375°F

- ½ cup all-purpose flour
- 1 tsp. smoked paprika
- ½ tsp. salt, divided
- 1 egg
- 1 Tbsp. water
- 1 cup whole wheat panko
- 1 10-oz. sweet onion, cut into ½-inch-thick rounds and separated into rings
- Nonstick cooking spray
- ¼ cup plain low-fat Greek yogurt
- 2 Tbsp. mayonnaise
- 1 Tbsp. ketchup
- 1 tsp. Dijon mustard
- ¼ tsp. garlic powder
- ¼ tsp. paprika

In a shallow dish stir together flour, smoked paprika, and ¼ tsp. of the salt. In a second shallow dish whisk together egg and the water. In a third shallow dish stir together panko and remaining ¼ tsp. salt.

Dredge onion rings in flour mixture, shaking off excess. Dip into egg mixture, allowing excess to drip off, then press into panko mixture to coat. Generously coat onion rings with cooking spray.

Working in batches if needed, arrange onion rings in a single layer in air-fryer basket (do not overcrowd). Cook at 375°F for 10 minutes, turning once halfway through, or until golden brown and crispy.


Meanwhile, for dipping sauce, in a small bowl stir together yogurt and remaining five ingredients until smooth. Serve with onion rings. **Makes 4 servings** (6 onion rings + 2 Tbsp. sauce each).

**PER SERVING** 174 cal., 5 g fat (1 g sat. fat), 0 mg chol., 414 mg sodium, 25 g carb., 3 g fiber, 5 g sugars, 7 g pro.



*The dipping sauce is a must-try. Its tangy and sweet flavor is the perfect pairing with the crunchy, savory onion.*





10 min  
@ 370°F

## ALAPEÑO POPPERS

HANDS ON 10 minutes AIR-FRY 10 minutes per batch at 370°F

- 1/4 oz. cream cheese, softened
- 1/4 cup finely chopped cooked chicken breast
- 1/4 cup finely shredded sharp cheddar cheese (1 oz.)
- 1/4 cup finely chopped green onions
- 2 Tbsp. cayenne pepper sauce (such as Frank's RedHot)
- 2 tsp. chopped fresh dill
- 4 large fresh jalapeño peppers, halved lengthwise (tip, right)
- 2 Tbsp. whole wheat panko
- Nonstick cooking spray

For filling, in a medium bowl combine first six ingredients

(through dill). Remove seeds and membranes from pepper halves. Spoon filling into pepper halves and sprinkle with panko. Coat panko with cooking spray.

Working in batches if needed, arrange peppers in a single layer in air-fryer basket. Cook at 370°F for 10 minutes or until peppers are tender and crumbs are golden. **Makes 4 servings** (2 stuffed pepper halves each).

**PER SERVING** 104 cal., 8 g fat (4 g sat. fat), 26 mg chol., 288 mg sodium, 4 g carb., 1 g fiber, 1 g sugars, 5 g pro.

### HOT TIP

Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.



4 min  
@ 400°F

## AVIOLI WITH MARINARA SAUCE

HANDS ON 20 minutes

AIR-FRY 4 minutes per batch  
at 400°F

- 16 frozen desired flavor-filled ravioli (9 oz.) or one 9-oz. pkg. refrigerated desired flavor-filled ravioli
- 1 egg, lightly beaten
- 2 Tbsp. milk
- $\frac{3}{4}$  cup panko
- 1 Tbsp. grated Parmesan cheese
- $\frac{1}{4}$  tsp. garlic salt
- $\frac{1}{4}$  tsp. black pepper
- Nonstick cooking spray
- Chopped fresh flat-leaf parsley (optional)
- 1 cup marinara sauce, warmed

Preheat air fryer to 400°F. Cook ravioli according to package directions; drain. Rinse with cold water; drain again. Pat dry with paper towels.

In a shallow dish whisk together egg and milk. In another shallow dish combine panko, cheese, garlic salt, and pepper. Dip ravioli into egg mixture then press into crumb mixture to coat. Coat ravioli with cooking spray.

Working in batches if needed, arrange ravioli in a single layer in air-fryer basket (do not overcrowd). Cook 4 minutes or until golden and crisp.

Sprinkle ravioli with parsley (if using) and additional cheese. Serve with warmed marinara sauce. **Makes 8 servings** (2 ravioli each).

**PER SERVING** 149 cal., 4 g fat (2 g sat. fat), 43 mg chol., 376 mg sodium, 20 g carb., 2 g fiber, 3 g sugars, 6 g pro.







12 min  
@ 375°F

## PANAKOPITA BITES

HANDS ON 25 minutes AIR-FRY 12 minutes per batch at 375°F

- 0 oz. fresh baby spinach
- 2 Tbsp. water
- ¼ cup low-fat cottage cheese
- ¼ cup crumbled feta cheese (1 oz.)
- 2 Tbsp. grated Parmesan cheese
- 1 egg white
- 1 tsp. dried oregano, crushed
- 1 tsp. lemon zest
- ¼ tsp. salt
- ¼ tsp. black pepper
- ⅛ tsp. cayenne pepper
- 4 sheets frozen phyllo dough (18×14-inch rectangles), thawed

- 1 Tbsp. olive oil
- Nonstick cooking spray

In a Dutch oven combine spinach and the water. Cook over high 5 minutes or until spinach is wilted, stirring frequently. Drain and cool 10 minutes. Press spinach with a paper towel to remove excess moisture.

Meanwhile, for filling, in a large bowl combine next nine ingredients (through cayenne pepper). Stir in spinach.

Place one phyllo sheet on a work surface and brush lightly

with oil. (While you work, keep remaining phyllo covered with plastic wrap to prevent it from drying out.) Top with a second phyllo sheet; brush with oil. Continue layering to form a stack of four oiled sheets. Cut stack into eight 18× ¼-inch strips. Cut strips in half crosswise to form 16 strips.

Spoon about 1 Tbsp. filling onto one end of each strip. Working with one strip at a time, fold corner of the filling end over filling to create a triangle; continue folding back and forth to the end of

strip, creating a triangle- shape phyllo packet. Repeat with remaining strips. Coat packets with cooking spray.

Working in batches if needed, arrange packets, seam sides down, in air-fryer basket (do not overcrowd). Cook at 375°F for 12 minutes, turning once halfway through, or until phyllo is golden brown and crisp. **Makes 8 servings** (2 phyllo packets each).

**PER SERVING** 76 cal., 4 g fat (1 g sat. fat), 4 mg chol., 216 mg sodium, 7 g carb., 1 g fiber, 0 g sugars, 4 g pro.





*Roll the balls  
tightly after  
breading to  
prevent them  
from breaking  
apart.*

FRIED MAC  
AND CHEESE  
BALLS





MOZZARELLA  
CHEESE STICKS

9 min  
@ 350°F

3 min  
@ 400°F

## CRISPY MAC AND CHEESE BALLS

**HANDS ON** 20 minutes **CHILL** 2 hours **FREEZE** 1 hour  
**AIR-FRY** 9 minutes per batch at 350°F

- 1 7.25-oz. pkg. macaroni and cheese dinner mix (such as Kraft)
- $\frac{3}{4}$  cup shredded sharp cheddar cheese (3 oz.)
- 2 eggs, lightly beaten
- $\frac{1}{2}$  cup panko
- $\frac{1}{2}$  cup seasoned fine dry bread crumbs
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. garlic powder
- Nonstick cooking spray
- $\frac{1}{2}$  cup ketchup (optional)
- 2 tsp. sriracha (optional)

Prepare macaroni and cheese dinner mix according to package directions, including any *milk* and *butter*. Stir in shredded cheese until melted. Chill, covered, until firm, 2 hours or up to overnight.

Line a baking sheet with parchment paper. Scoop macaroni and cheese into  $\frac{1}{2}$ -inch balls and arrange on

prepared baking sheet. Freeze, uncovered, 1 hour.

Place eggs in a shallow dish. In a second shallow dish stir together panko, seasoned bread crumbs, salt, and garlic powder. Dip macaroni balls into eggs, allowing excess to drip off, then press into panko mixture to coat. Generously coat balls with cooking spray.

Working in batches if needed, arrange balls in a single layer in air-fryer basket (do not overcrowd). Cook at 350°F for 9 to 12 minutes, turning once halfway through, or until golden. If using, in a small bowl stir together ketchup and sriracha. Serve with balls.

**Makes 24 balls.**

**PER BALL** 83 cal., 4 g fat (2 g sat. fat), 25 mg chol., 218 mg sodium, 9 g carb., 0 g fiber, 1 g sugars, 3 g pro.

## MOZZARELLA CHEESE STICKS

**HANDS ON** 20 minutes **FREEZE** 1 hour  
**AIR-FRY** 3 minutes per batch at 400°F

- $\frac{1}{3}$  cup all-purpose flour
- 2 8-oz. pkg. mozzarella cheese, cut into 24 (2- to  $\frac{1}{2}$ -inch) sticks
- 1 cup panko
- 1 Tbsp. chopped fresh flat-leaf parsley
- $\frac{1}{4}$  tsp. garlic powder
- 1 egg, lightly beaten
- 1 Tbsp. water
- Nonstick cooking spray
- Marinara sauce, warmed (optional)

Place flour in a shallow dish. Dip cheese sticks into flour to coat. Arrange on a parchment paper-lined baking sheet. Freeze 1 hour.

In a second shallow dish combine panko, parsley, and garlic powder. In a third shallow dish whisk together egg and the water. Dip cheese sticks again into flour, then egg mixture, and press into panko mixture

to coat. Lightly coat cheese sticks with cooking spray.

Working in batches if needed, arrange cheese sticks in a single layer in air-fryer basket (do not overcrowd). Cook at 400°F for 3 minutes or until golden. Serve with warmed marinara sauce (if using). **Makes 12 servings** (2 cheese sticks each).

**PER SERVING** 139 cal., 7 g fat (4 g sat. fat), 40 mg chol., 255 mg sodium, 8 g carb., 0 g fiber, 1 g sugars, 11 g pro.

### MAKE AHEAD

Coat cheese sticks as directed in Step 2 and place on a tray. Cover and chill up to 2 hours or freeze up to 30 minutes. To serve, cook as directed. Or to reheat cooked, cooled cheese sticks, return to air fryer and cook 30 to 60 seconds.





4 min  
@ 400°F

## CONUT SHRIMP

HANDS ON 20 minutes

AIR-FRY 4 minutes per batch  
at 400°F

- 1 lb. fresh or frozen large shrimp in shells (thawed if frozen)
- ¼ cup cornstarch
- 2 egg whites, lightly beaten
- 1 Tbsp. water
- ½ cups flaked coconut
- Nonstick cooking spray
- ½ cup Asian sweet chili sauce
- Sliced green onions

Peel and devein shrimp, leaving tails intact, if desired. Rinse shrimp; pat dry. Chill until needed.

Place cornstarch in a shallow dish. In a second shallow dish whisk together egg whites and the water. In a third shallow dish add coconut. Dip shrimp into cornstarch, then egg mixture, and press into coconut to coat. Coat shrimp with cooking spray.

Working in batches if needed, arrange shrimp in a single layer in air-fryer basket. Cook at 400°F for 4 minutes or until shrimp are opaque and coconut is toasted. Serve with Asian chili sauce and green onions. **Makes 4 servings** (6 or 7 shrimp each).  
**PER SERVING** 399 cal., 16 g fat (14 g sat. fat), 159 mg chol., 485 mg sodium, 45 g carb., 2 g fiber, 18 g sugars, 23 g pro.





## ISPY CHICKEN TAQUITOS

HANDS ON 15 minutes AIR-FRY 6 minutes per batch at 400°F

6 min  
@ 400°F

- 4 tsp. vegetable oil
- ½ cup thinly sliced green onions
- 2 cloves garlic, minced
- ¼ cup canned chopped green chiles
- ¼ cup Mexican-style hot tomato sauce
- ¼ Tbsp. reduced-fat cream cheese (neufchatel)
- 2 cups shredded cooked chicken
- 1 cup shredded Mexican cheese blend (4 oz.)
- ¼ tsp. salt
- 12 6-inch corn tortillas
- Nonstick cooking spray
- Pico de gallo, guacamole, and/or fresh cilantro (optional)

Heat oil in a skillet over medium. Add green onions and garlic; cook until softened and fragrant, 1 to 2 minutes.

Stir in green chiles, tomato sauce, and cream cheese until smooth. Add chicken and cheese. Cook, stirring frequently, until cheese has melted and mixture is warmed through, about 2 minutes. Season with salt.


In another skillet, heat tortillas one at a time, turning once, until soft and pliable, about 1 minute. Spoon 3 Tbsp. chicken mixture in center of each tortilla. Roll into a taquito. Cover each taquito with a damp kitchen

towel before repeating with remaining tortillas and filling. Coat taquitos with cooking spray.

Working in batches if needed, arrange taquitos in a single layer in air-fryer basket (do not overcrowd). Cook at 400°F for 6 to 9 minutes, turning once halfway through, or until golden brown. If using, serve with pico de gallo, guacamole, and/or cilantro. **Makes 12 taquitos.**

**PER TAQUITO** 162 cal., 8 g fat (3 g sat. fat), 32 mg chol., 211 mg sodium, 12 g carb., 2 g fiber, 1 g sugars, 11 g pro.





# SLIDE ON OVER

These classic  
sandwich combos  
reinvent  
themselves as  
sliders for a  
snackable size  
that delivers big  
on flavor.



6 min  
@ 350°F

# CUBANO SLIDERS

**ANDS ON** 15 minutes **AIR-FRY** 6 minutes per batch at 350°F

- cups shredded cooked pork
- 2 Tbsp. orange juice
- ½ tsp. ground cumin
- 2 Tbsp. yellow mustard
- 2 Tbsp. mayonnaise
- 8 dinner rolls, split
- 4 oz. thinly sliced Black Forest ham and/or salami
- 16 dill pickle slices
- 4 thin slices Swiss cheese, halved
- 2 Tbsp. salted butter, melted
- 1 small clove garlic, minced (½ tsp.)

In a medium bowl stir together pork, orange juice, and cumin.

In a small bowl whisk together mustard and mayonnaise. Spread cut sides of roll tops and bottoms with mustard mixture. Layer roll bottoms with ham, pickles, pork, and cheese; fold fillings to fit buns as needed. Add roll tops.

In a small bowl combine butter and garlic. Brush butter mixture over roll tops.

Working in batches if needed, place sliders in air-fryer basket (do not overcrowd). Cook at 350°F for 6 to 8 minutes or until golden brown and cheese is melted. **Makes 8 sliders.**

**PER SLIDER** 275 cal., 15 g fat (6 g sat. fat), 61 mg chol., 447 mg sodium, 16 g carb., 1 g fiber, 2 g sugars, 18 g pro.

*A final brush of garlic butter gives the tops a golden sheen (and garlic bread flavor!).*





13 min  
@ 350°F

# CHICKEN TINGA SLIDERS

**ANDS ON** 10 minutes **AIR-FRY** 13 minutes per batch at 350°F

- 1 cup canned crushed tomatoes
- 1 canned chipotle pepper in adobo sauce
- 1 small clove garlic, peeled
- 2 cups shredded cooked chicken
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. black pepper
- 2 Tbsp. chopped fresh cilantro
- 8 dinner rolls, split
- 2 Tbsp. salted butter, melted
- $\frac{1}{2}$  tsp. dried Mexican oregano or oregano
- $\frac{1}{2}$  cup sliced pickled jalapeños
- $\frac{3}{4}$  cup shredded Chihuahua cheese or queso fresco (3 oz.)

In a blender or food processor add tomatoes, chipotle, and garlic; cover and blend until smooth. Transfer to a bowl. Add

chicken to tomato mixture; toss to combine. Season with salt and pepper; stir in cilantro. Top roll bottoms with chicken mixture.

Working in batches if needed, place sliders (without roll tops) in air-fryer basket (do not overcrowd). Cook at 350°F for 8 minutes.

Meanwhile, in a small bowl combine butter and oregano. Brush butter mixture over roll tops.

Add cheese, jalapeños, and roll tops to sandwiches. Cook 5 minutes more or until golden brown and cheese is melted. If you like, serve sliders with additional jalapeños. **Makes 8 sliders.**

**PER SLIDER** 235 cal., 11 g fat (5 g sat. fat), 51 mg chol., 488 mg sodium, 18 g carb., 1 g fiber, 3 g sugars, 16 g pro.



## TINGA

Tinga is a dish that consists of shredded chicken, beef, or pork that gets tossed in a fragrant adobo sauce and served atop crunchy tostados or tortillas.



# TURKEY CLUB SLIDERS WITH RANCH

HANDS ON 15 minutes AIR-FRY 5 minutes per batch at 350°F

5 min  
@ 350°F

- 8 dinner rolls, split
- ¼ cup ranch dressing
- 8 oz. thinly sliced turkey
- 8 oz. thinly sliced ham
- 4 strips of bacon, crisp-cooked\* and cut into 4 pieces each
- 8 thin slices cheddar or American cheese
- 8 tomato slices
- Leaf lettuce (optional)

Spread cut sides of roll tops and bottoms with ranch dressing. Layer roll bottoms with turkey, ham, bacon, and

cheese; fold fillings to fit rolls as needed. Add tomato slices and roll tops.

Working in batches if needed, place sliders in air-fryer basket (do not overcrowd). Cook at 350°F for 5 minutes or until golden brown and cheese is melted. If using, top sliders with lettuce. **Makes 8 sliders.**

**\*TIP** Air-fry bacon at 390°F for 9 minutes, turning once halfway through, or until crisp. Drain on paper towels.

**PER SLIDER** 286 cal., 15 g fat (6 g sat. fat), 60 mg chol., 874 mg sodium, 17 g carb., 1 g fiber, 3 g sugars, 21 g pro.





6 min  
@ 350°F

- 8 dinner rolls, split
- ¼ cup purchased basil pesto
- 8 thin slices salami
- 16 slices pepperoni
- 8 oz. thinly sliced ham
- 8 thin slices provolone cheese
- ⅓ cup mild Chicago-style giardiniera, drained and finely chopped
- 2 Tbsp. salted butter, melted
- ½ tsp. dried Italian seasoning

Spread cut sides of roll tops and bottoms with pesto. Layer roll bottoms with next five ingredients (through giardiniera); fold fillings to fit rolls as needed. Add roll tops.

In a small bowl combine butter and Italian seasoning. Brush butter mixture over roll tops.

Working in batches if needed, place sliders in air-fryer basket (do not overcrowd). Cook at 350°F for 6 to 8 minutes or until golden brown and cheese is melted.

**Makes 8 sliders.**

**PER SLIDER** 333 cal., 20 g fat (8 g sat. fat), 53 mg chol., 1,051 mg sodium, 20 g carb., 1 g fiber, 4 g sugars, 18 g pro.

# ITALIAN-STYLE SLIDERS

**HANDS ON** 5 minutes **AIR-FRY** 6 minutes per batch at 350°F

*Look for Chicago-style giardiniera—a chopped pickled veggie mixture—in the supermarket aisle with pickles and olives. If you can only find Italian-style (large pieces of veggies), chop it finely.*





# FRENCH DIP SLIDERS

6 min  
@ 350°F

**ANDS ON** 25 minutes **AIR-FRY** 6 minutes per batch at 350°F

- 4 Tbsp. salted butter, divided
- 1 cup thinly sliced yellow onion
- $\frac{1}{8}$  tsp. salt
- 8 dinner rolls, split
- 1 lb. thinly sliced roast beef
- 8 thin slices Swiss or provolone cheese
- 1 1.4-oz. pkg. French onion soup mix, divided

In an 8-inch skillet melt 2 Tbsp. of the butter over medium. Add onion and salt. Cook, stirring occasionally until onions are golden brown, about 15 minutes.

Layer roll bottoms with roast beef, onions, and

cheese; fold fillings to fit rolls as needed. Add roll tops.

Melt remaining 2 Tbsp. butter with 1 tsp. of the French onion soup mix. Brush butter mixture over roll tops.

Working in batches if needed, place sliders in air-fryer basket (do not overcrowd). Cook at 350°F for 6 to 8 minutes or until golden brown and cheese is melted.

Meanwhile, for the au jus, in a saucepan combine 2 cups *water* and remaining French onion soup mix. Bring to a boil, stirring occasionally. Reduce heat to low; simmer, 5 minutes. Keep warm. Serve sliders with au jus. **Makes 8 sliders.**

**PER SLIDER** 305 cal., 14 g fat (7 g sat. fat), 65 mg chol., 1,261 mg sodium, 24 g carb., 1 g fiber, 4 g sugars, 19 g pro.






**Put your air fryer to work tonight roasting and toasting all those veggie-forward sides for dinner— asparagus, zucchini, broccoli, even corn!**

**VEG  
OUT**





8 min  
@ 375°F

## HYLLO ASPARAGUS BUNDLES

**HANDS ON** 15 minutes  
**AIR-FRY** 8 minutes per  
batch at 375°F

- ½ cup shredded Parmesan cheese (2 oz.)
- 1 tsp. lemon zest
- ¼ tsp. cracked black pepper
- 4 sheets frozen phyllo dough (14×9-inch), thawed
- 2 Tbsp. salted butter, melted
- 1 lb. asparagus spears, trimmed
- Balsamic glaze (optional)

In a bowl combine cheese, lemon zest, and pepper.

Place one sheet of phyllo on a work surface. (While you work, keep remaining phyllo

covered with plastic wrap to prevent it from drying out.) Brush phyllo with butter and sprinkle with half of the cheese mixture. Top with a second phyllo sheet, pressing gently to adhere. Cut stack into four pieces crosswise; top each piece with three to five asparagus spears. Wrap phyllo around asparagus;

press edge to seal. Brush phyllo bundles with butter. Repeat with remaining phyllo, cheese mixture, and asparagus.

Working in batches as needed, arrange bundles in a single layer in air-fryer basket. Cook at 375°F for 8 to 10 minutes, turning once halfway through, or until

crisp and golden brown. Keep cooked bundles warm in a 200°F oven, if necessary. Drizzle with balsamic glaze (if using).

### **Makes 8 servings**

(1 asparagus bundle each).

**PER SERVING** 80 cal., 5 g fat (3 g sat. fat), 13 mg chol., 166 mg sodium, 5 g carb., 1 g fiber, 1 g sugars, 4 g pro.

*If you have thin asparagus, increase the amount of asparagus in each bundle.*





20 min  
@ 375°F

## ENNEL AND BUTTERNUT SQUASH SALAD

HANDS ON 20 minutes  
AIR-FRY 20 minutes at 375°F  
COOL 20 minutes

- 2 bulbs fennel (1 lb.), cored and sliced ½ inch thick
- 2 cups ½-inch cubed butternut squash (8 oz.)
- 3 shallots, quartered lengthwise
- 3 Tbsp. olive oil, divided
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 Tbsp. red wine vinegar
- 2 tsp. everything bagel seasoning
- 4 cups baby arugula
- 2 cups cooked farro
- ¼ cup crumbled blue cheese (1 oz.)
- 2 Tbsp. chopped hazelnuts, toasted

In a large bowl combine fennel, squash, shallots, 1 Tbsp. of the oil, the salt, and pepper; toss to combine.

Place fennel mixture in air-fryer basket. Cook at 375°F for 20 to 25 minutes, stirring twice, or until tender. Let cool to room temperature.

In a large bowl combine remaining 2 Tbsp. oil, the vinegar, and everything bagel seasoning. Add fennel mixture, arugula, and farro; toss to coat. Top with blue cheese and hazelnuts.

**Makes 4 servings**

¾ cups each).

**PER SERVING** 346 cal., 15 g fat (3 g sat. fat), 5 mg chol., 610 mg sodium, 46 g carb., 9 g fiber, 9 g sugars, 8 g pro.



14 min  
@ 370°F

## ARMESAN-BASIL ZUCCHINI FRITTERS

HANDS ON 15 minutes STAND 10 minutes AIR-FRY 14 minutes per batch at 370°F

- 1 lb. zucchini, coarsely shredded
- ½ tsp. salt
- 2 oz. Parmesan cheese, finely shredded (½ cup)
- ½ cup all-purpose flour
- 1 egg, lightly beaten
- ¼ cup chopped green onions
- 2 Tbsp. chopped fresh basil
- ¼ tsp. black pepper
- Nonstick cooking spray
- ½ cup sour cream
- ½ tsp. lemon zest
- 1 Tbsp. fresh lemon juice
- 1 green onion, chopped
- Pinch salt

In a colander set in the sink, toss together zucchini and salt. Let stand 10 minutes.

Transfer zucchini to a clean kitchen towel. Wring out as much excess liquid as possible.

In a medium bowl combine zucchini, cheese, flour, egg, ¼ cup green onions, basil, and pepper; toss to combine. Shape mixture into eight 3-inch patties (about ¼ cup each). Coat patties with cooking spray.

Working in batches as needed, arrange patties in a single layer in air-fryer

basket. Cook at 370°F for 14 minutes, turning once halfway through, or until golden. Keep cooked fritters warm in a 200°F oven, if necessary.

Meanwhile, in a bowl stir together sour cream, lemon zest and juice, the one chopped green onion, and salt. Serve with fritters and, if using, top with additional lemon zest and green onion. **Makes 4 servings** (2 fritters + 2 Tbsp. sauce each).

**PER SERVING** 210 cal., 11 g fat (5 g sat. fat), 71 mg chol., 385 mg sodium, 18 g carb., 2 g fiber, 4 g sugars, 11 g pro.







8 min  
@ 400°F

## HARRED SMASHED SAMBAL BROCCOLI

HANDS ON 20 minutes

STEAM 5 minutes

AIR-FRY 8 minutes per batch  
at 400°F

- 1 bunch broccoli, cut into 2-inch florets (5 cups)
- 2 Tbsp. vegetable oil
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  tsp. black pepper
- 2 Tbsp. sambal oelek
- 3 cloves garlic, minced
- 2 tsp. pure maple syrup
- 1 tsp. toasted sesame oil
- 1 Tbsp. sesame seeds, toasted

Place a steamer basket in a large saucepan. Add water to just below the steamer basket. Bring to boiling. Add broccoli to basket. Steam, covered, 5 minutes or until softened. Spread in a single layer on a baking sheet to cool.

Using the bottom of a sturdy glass, flatten each broccoli to  $\frac{1}{2}$  inch thick.

In a large bowl add broccoli and drizzle with oil. Sprinkle with salt and pepper; toss to coat.

Working in batches as needed, arrange broccoli in air-fryer basket. Cook at 400°F for 8 minutes or until edges are charred. Keep cooked broccoli warm in a 200°F oven, if necessary.

Meanwhile, in a large bowl stir together sambal oelek, garlic, maple syrup, and sesame oil. Add broccoli; toss to coat. Sprinkle with toasted sesame seeds. **Makes 4 servings**  $\frac{3}{4}$  cup each).

**PER SERVING** 132 cal., 10 g fat (1 g sat. fat), 0 g chol., 344 mg sodium, 11 g carb., 3 g fiber, 5 g sugars, 4 g pro.

### MICROWAVE STEAMING

Rather than steaming on the stove top, place broccoli in a microwave-safe bowl with 2 Tbsp. water. Cover and microwave 3 minutes; drain.



10 min  
@ 400°F

## RISPY CAULIFLOWER BITES

HANDS ON 15 minutes STEAM 6 minutes AIR-FRY 10 minutes per batch at 400°F

### DIPPING SAUCE

In a small bowl whisk together cup mayonnaise, cup sour cream, 1 Tbsp. ketchup, 2 tsp. prepared horseradish, and tsp. paprika. Cover and chill 30 minutes before serving to develop flavors.

- 1 lb. 2- to 2½-inch cauliflower florets (tip, below left) (12 to 16 florets)
- 2 eggs, lightly beaten
- ½ cup buttermilk
- ½ cup all-purpose flour
- 1 tsp. salt
- ½ tsp. paprika
- ½ tsp. dried thyme
- ½ tsp. garlic powder
- ¼ tsp. cayenne pepper
- ½ cup panko
- Nonstick cooking spray
- Dipping Sauce
- Fresh thyme (optional)

Place a steamer basket in a large saucepan. Add water to just below the steamer basket. Bring to boiling. Add cauliflower to basket. Steam, covered, 6 to 8 minutes or until softened. Spread in a single layer on a baking sheet to cool.

Whisk together eggs and buttermilk in a shallow dish. In a second shallow dish whisk together next six ingredients (through cayenne pepper). Whisk in panko.

Dip cauliflower in egg mixture, then press into flour mixture to coat. Generously coat cauliflower with cooking spray.

Working in batches as needed, arrange cauliflower in a single layer in air-fryer basket. Cook at 400°F for 10 to 14 minutes, turning once halfway through, or until golden brown. Keep cooked cauliflower warm in a 200°F oven, if necessary.

Serve with Dipping Sauce and fresh thyme (if using). **Makes 4 servings** (3 to 4 pieces + 2 Tbsp. sauce each).

**PER SERVING** 241 cal., 15 g fat (4 g sat. fat), 60 mg chol., 664 mg sodium, 21 g carb., 3 g fiber, 5 g sugars, 7 g pro.

*Use packaged cauliflower florets or cut florets from a 2-pound head of cauliflower, reserving the remainder for another use.*





*Be very careful when cutting the corn cobs into strips. Corn cobs are tough to cut through and require a sharp knife and a good amount of pressure.*

8 min  
@ 400°F

## IPOTLE LIME CORN RIBS

**HANDS ON** 15 minutes  
**AIR-FRY** 8 minutes per batch  
at 400°F

- 3 ears fresh sweet corn, shucked
- 2 Tbsp. vegetable oil
- $\frac{1}{2}$  tsp. salt
- $\frac{3}{4}$  tsp. packed brown sugar
- $\frac{1}{2}$  tsp. ground chipotle chile pepper
- $\frac{1}{2}$  tsp. ground cumin
- $\frac{1}{3}$  cup mayonnaise
- 1 tsp. lime zest
- 1 Tbsp. fresh lime juice
- Chopped fresh cilantro (optional)

Using a sharp knife, trim bottoms and tips of ears of corn, then cut each in half crosswise. Holding one corn half vertically, carefully cut in half lengthwise through the cob (tip, above left). Place cut halves, cut sides down, on cutting board and cut each in half again lengthwise. Repeat with remaining corn halves.

In a large bowl add corn and drizzle with oil. Sprinkle with salt, brown sugar, chipotle chile pepper, and cumin; toss to coat.

Working in batches as needed, place corn in air-fryer basket. Cook at 400°F for 8 minutes, turning once halfway through, or until corn is tender and beginning to curl.

Meanwhile, in a small bowl whisk together mayonnaise, lime zest, and lime juice.

Brush corn ribs generously with lime mayonnaise. Serve with remaining lime mayonnaise and sprinkle with additional chipotle chile pepper and cilantro (if using). **Makes 6 servings** (4 corn ribs each).

**PER SERVING** 165 cal., 14 g fat (2 g sat. fat), 5 mg chol., 225 mg sodium, 9 g carb., 1 g fiber, 4 g sugars, 2 g pro.





16 min  
@ 400°F

### PREPPING BEETS

When handling beets, wear gloves to avoid staining your hands and make sure to use a surface that is stain-resistant. You can also line the work surface with a couple layers of parchment paper that can be thrown away for easy cleanup.

## ROASTED BEET AND CRUNCHY APPLE SALAD

HANDS ON 15 minutes AIR-FRY 16 minutes at 400°F

- 1 lb. beets, peeled and cut into 1-inch pieces (tip, left)
- 2 Tbsp. olive oil, divided
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. black pepper
- $\frac{1}{2}$  cup sliced red onion
- 1 apple, cored and sliced
- 1 Tbsp. cider vinegar
- 1 Tbsp. chopped fresh chives
- $\frac{1}{2}$  cup crumbled goat cheese (chèvre) (2 oz.)
- 2 Tbsp. chopped walnuts, toasted

Drizzle beets with 1 Tbsp. of the oil, the salt, and pepper; toss to coat.

Place beets in an air-fryer basket. Cook at 400°F for 8 minutes. Turn beets and add onion. Cook 8 to 12 minutes more or until vegetables are tender.

In a large bowl combine beet mixture, apple, remaining 1 Tbsp. oil, the vinegar, and chives; toss to coat. Top with goat cheese and walnuts.

**Makes 4 servings** (1 cup each).

**PER SERVING** 199 cal., 14 g fat (4 g sat. fat), 11 mg chol., 265 mg sodium, 16 g carb., 4 g fiber, 11 g sugars, 5 g pro.



# FREEZER COOKIES

**Here's how it works:  
Pick a dough flavor, shape  
it in a roll, then tuck it in  
the freezer. When a cookie  
craving strikes, cut off  
a slice (or two) and  
quick-bake in the air-fryer  
for fresh-from-the-oven  
warm cookies.**



**PISTACHIO-  
CRANBERRY  
FREEZER  
COOKIES, P. 47**



6 min  
@ 350°F

## LEMON FREEZER COOKIES

HANDS ON 15 minutes

FREEZE 3 hours

AIR-FRY 6 minutes per batch  
at 350°F

COOL 15 minutes

- 2 lemons
- $\frac{1}{2}$  cups flour
- 1 tsp. baking powder
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  cup salted butter,  
softened
- $\frac{1}{2}$  cup granulated sugar
- 1 3.4-oz. pkg. instant  
lemon pudding mix
- 1 egg, at room  
temperature
- $\frac{1}{4}$  cups powdered sugar

Remove zest from one lemon and juice from two lemons (you should have 2 tsp. lemon zest and 6 Tbsp. lemon juice).

In a medium bowl sift together flour, baking powder, and salt. In a large bowl beat butter with a mixer on medium speed 30 seconds. Add granulated sugar and pudding mix. Beat until combined, scraping bowl as needed. Beat in egg, 3 Tbsp. of the lemon juice, and 1 tsp. of the lemon zest. Beat in flour mixture.

Shape dough into an 8-inch roll. Wrap in plastic wrap or waxed paper; freeze until firm enough to slice, 3 hours or up to 3 months.

When ready to bake, use a serrated knife to cut desired number of  $\frac{1}{4}$ -inch slices from the frozen roll. Line air-fryer basket with perforated parchment paper (tip, p. 85). Working in batches, place dough slices 1 inch apart on

parchment paper. Cook at 350°F for 6 to 8 minutes or until centers are just set and edges start to brown. Remove cookies with parchment paper; cool on a wire rack about 15 minutes.

Meanwhile, for icing, in a bowl stir together powdered sugar,  $\frac{1}{2}$  tsp. lemon zest, and remaining 3 Tbsp. lemon juice. Dip one side of each cookie in icing. Sprinkle with remaining  $\frac{1}{2}$  tsp. lemon zest. Let stand until set, about 15 minutes.

**Makes 32 cookies.**

**PER COOKIE** 92 cal., 3 g fat (2 g sat. fat), 13 mg chol., 99 mg sodium, 15 g carb., 0 g fiber, 10 g sugars, 1 g pro.

## ANILLA FREEZER COOKIES

Prepare lemon cookies as directed (*left*), except replace lemon pudding mix with vanilla pudding mix. Omit lemon zest and juice; replace with 2 Tbsp. milk and 1 tsp. vanilla bean paste or vanilla in Step 2. For icing, whisk together cups powdered sugar, 2 to 3 Tbsp. milk, and 1 tsp. vanilla bean paste or vanilla. Dip one side of each cookie into icing. Let stand until icing is set.



### CHOCOLATE FREEZER COOKIES

Prepare lemon cookies as directed (p.45), except replace lemon pudding mix with chocolate pudding mix. Omit lemon zest and juice; replace with 3 Tbsp. milk in Step 2. Stir 1 cup mini chocolate chips into dough after flour in Step 2. Omit icing.





### *Halve the Icing!*

*The cookies are elevated with the icing options. If you don't cook all of the cookies at one time, halve the icing ingredients to make a smaller batch.*

### **PISTACHIO-CRANBERRY FREEZER COOKIES**

PICTURED ON P. 44

Prepare lemon cookies as directed (p. 45), except replace lemon pudding mix with pistachio pudding mix. Omit lemon zest and juice; replace with 2 Tbsp. milk in Step 2.

Stir  $\frac{1}{3}$  cup finely chopped dried cranberries into dough after flour in Step 2. Omit icing and, if you like, drizzle cooled cookies with 2 oz. melted white chocolate. Let stand until chocolate is set.

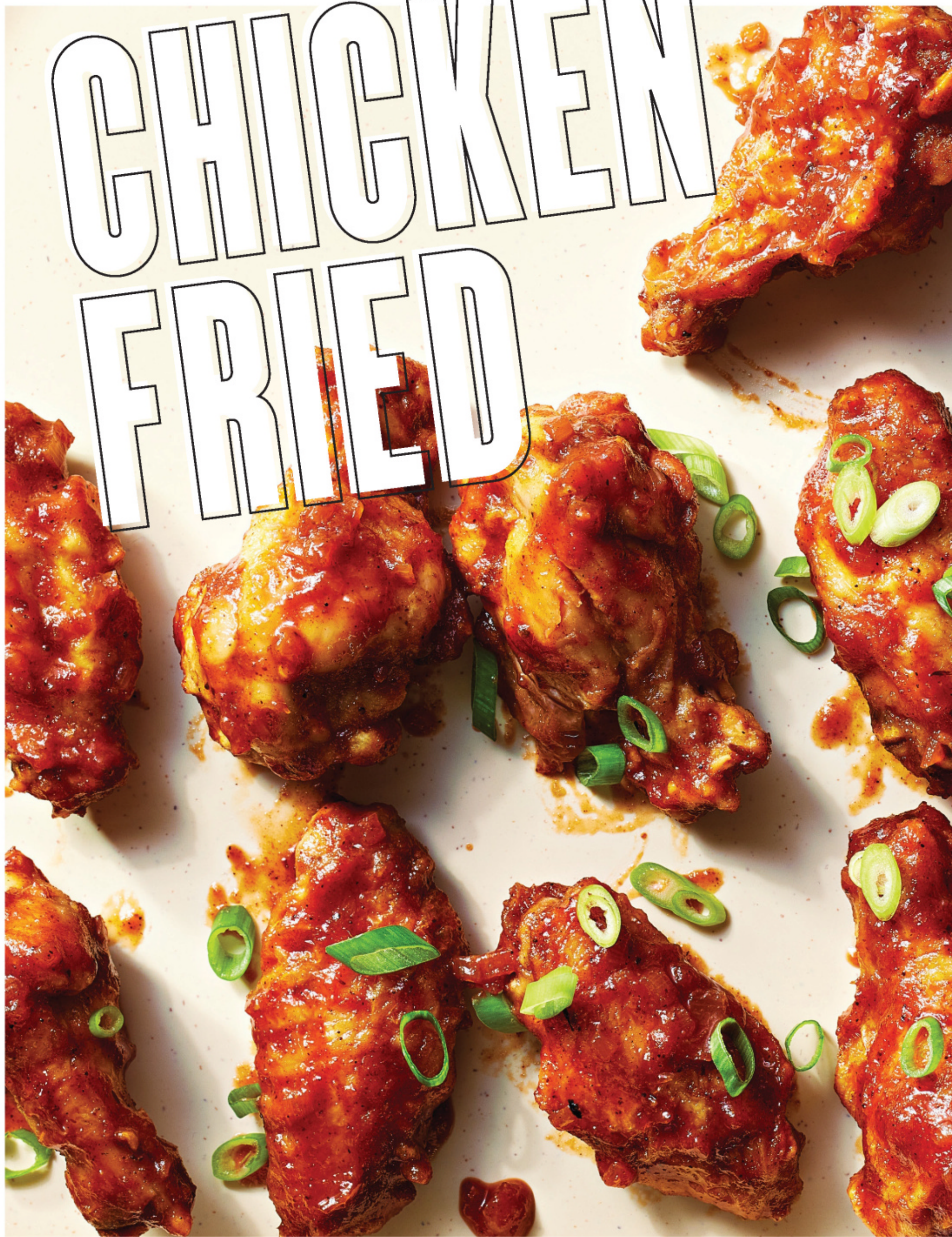
### **UTTERSCOTCH FREEZER COOKIES**

Prepare lemon cookies as directed (p. 45), except replace lemon pudding mix with butterscotch pudding mix. Replace  $\frac{1}{2}$  cup of the granulated sugar with  $\frac{1}{2}$  cup packed dark brown sugar. Omit lemon zest and juice; replace with 2 Tbsp. milk in Step 2. Stir  $\frac{1}{2}$  cup almond toffee bits into dough after flour in Step 2. For icing, stir together 1 cup powdered sugar, 2 Tbsp. unsweetened cocoa powder, 2 to 3 Tbsp. milk, and 1 tsp. vanilla. Dip half of each cookie into icing. Let stand until icing is set.





# CHICKEN FRIED







22 min  
@ 400°F

The key to creative chicken dinners is flavor, flavor, flavor! Sauces, rubs, fillings, and coatings transform the ordinary weeknight bird into extraordinary meals.

## ROPICAL GUAVA BBQ CHICKEN WINGS

HANDS ON 20 minutes CHILL 4 hours  
AIR-FRY 22 minutes per batch at 400°F

- 24 chicken wing pieces (about 2 lb.)
- $\frac{1}{2}$  tsp. cornstarch
- $\frac{1}{2}$  tsp. cream of tartar
- $\frac{1}{4}$  tsp. salt
- $\frac{3}{4}$  tsp. baking soda
- Nonstick cooking spray
- 1 recipe Tropical Guava BBQ Sauce
- Thinly sliced green onions (optional)

Thoroughly pat wings dry with paper towels. In a large bowl combine next four ingredients (through baking soda). Add wings; toss to coat.

Line a 15x10-inch baking pan with foil. Place a wire rack in pan. Arrange wings evenly on rack. Refrigerate wings, uncovered, 4 to 24 hours.

Meanwhile, prepare Tropical Guava BBQ Sauce; keep warm.

Lightly coat wings with cooking spray. Working in batches if needed, arrange wings in a single layer in air-fryer basket (do not overcrowd). Cook at 400°F for 22 to 24 minutes, turning once halfway through, or until skin is golden brown and crisp.

Toss wings with sauce. If using, serve with green onions. **Makes 6 servings** (4 chicken wings each).

**TROPICAL GUAVA BBQ SAUCE** In a small saucepan heat 1 tsp. olive oil over medium. Add 1 Tbsp. minced shallot. Cook and stir, 1 minute. Whisk in  $\frac{1}{4}$  cup water and  $\frac{1}{4}$  cup guava paste\* until dissolved. Stir in 2 Tbsp. tomato sauce,  $\frac{1}{2}$  tsp. cider vinegar,  $\frac{1}{2}$  tsp. soy sauce, and  $\frac{1}{2}$  tsp. Jamaican jerk seasoning. Bring just to boiling; reduce heat. Cook sauce until thickened, stirring occasionally, 3 to 4 minutes. Remove from heat and stir in 1 tsp. lime juice. Makes about  $\frac{1}{3}$  cup sauce.

**TIP** Look for guava paste in Hispanic markets. As a substitute, use  $\frac{1}{4}$  cup whole berry cranberry sauce and 1 tsp. packed brown sugar.

**PER SERVING** 233 cal., 13 g fat (3 g sat. fat), 107 mg chol., 759 mg sodium, 11 g carb., 0 g fiber, 9 g sugars, 17 g pro.



HASSELBACK  
CHICKEN



*If you have large chicken breasts, trim chicken on the thin end to be 6 ounces for even cooking.*



14 min  
@ 350°F

## ASSELBACK CHICKEN

**HANDS ON** 20 minutes  
**AIR-FRY** 14 minutes per batch  
at 350°F

- 1 Tbsp. olive oil
- 1 shallot, thinly sliced
- 2 cloves garlic, minced
- 2 cups spinach, coarsely chopped
- 8 oil-packed dried tomatoes, thinly sliced
- ¼ to ½ tsp. crushed red pepper
- ½ cup crumbled goat cheese (2 oz.)
- 4 slices thinly sliced deli ham, chopped
- 4 6-oz. skinless, boneless chicken breasts (tip, *opposite*)
- ½ cup shredded mozzarella or smoked Gouda cheese (2 oz.)

Line air-fryer basket with perforated parchment paper (tip, p. 85). Heat oil in a 10-inch skillet over medium-high. Add shallot and garlic. Cook and stir until fragrant, about 3 minutes. Add spinach, tomatoes, and red pepper flakes. Cook and stir until spinach is slightly wilted, 3 to 5 minutes. Remove from heat and stir in goat cheese and ham.

On a cutting board arrange two chopsticks lengthwise on opposite sides of one chicken breast. Slice chicken crosswise into ¾-inch-thick slices, stopping knife when it reaches chopsticks to prevent slicing all the way through. Repeat with remaining chicken. Stuff spinach mixture in slits between slices.

Working in batches if needed, arrange chicken in a single layer in prepared basket (do not overcrowd). Cook at 350°F for 14 to 15 minutes, topping chicken with shredded cheese after 12 minutes, or until chicken is done (165°F) and cheese is melted. **Makes 4 chicken breasts.**

**PER CHICKEN BREAST** 361 cal, 16 g fat (6 g sat. fat), 148 mg chol, 371 mg sodium, 5 g carb., 1 g fiber, 1 g sugars, 47 g pro.

3 min  
@ 370°F  
+ 20 min  
@ 375°F

## JALAPEÑO POPPER STUFFED CHICKEN THIGHS

**HANDS ON** 20 minutes **AIR-FRY** 3 minutes at 370°F  
+ 20 minutes per batch at 375°F

- 8 slices thick-cut bacon
- 2 oz. cream cheese, softened
- 2 oz. shredded pepper Jack cheese
- ¼ tsp. garlic powder
- ¼ tsp. plus ⅛ tsp. salt, divided
- ¼ tsp. plus ⅛ tsp. black pepper, divided
- 4 4-inch canned pickled whole jalapeños (tip, *below*), halved and seeded (tip, p. 23)
- 4 5-oz. skinless, boneless chicken thighs\*
- ½ tsp. paprika
- Hot honey (optional)

Preheat air fryer to 370°F. Arrange bacon strips in a single layer in air-fryer basket. Cook 3 minutes or until par-cooked but still flexible; cool slightly. Wipe out air fryer.

Meanwhile, in a small bowl combine both cheeses, garlic powder, the ⅛ tsp. salt, and the ⅛ tsp. black pepper. Spoon filling into pepper halves. Place two pepper halves together, filled sides facing each other. (If jalapeños are closer to 2 inches in length, use four jalapeño halves.)

Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to ¼-inch thickness. Arrange chicken, insides facing up. Place one stuffed jalapeño into center of each chicken; roll around pepper to enclose. Season chicken with paprika and the ¼ tsp. each salt and black pepper. Wrap each chicken with two strips par-cooked bacon; secure with toothpicks.

Working in batches if needed, arrange thighs in air-fryer basket (do not overcrowd). Cook at 375°F for 20 to 25 minutes, turning once halfway through, or until chicken is done (175°F). Serve with hot honey (if using).

**Makes 4 stuffed chicken thighs.**

**\*TIP** If you can't find 5-oz. chicken thighs, you can use smaller chicken thighs pieced together. Using two small chicken thighs, trim to about 5 oz. total. Pound as directed, then arrange chicken thighs, overlapping slightly, to form a rectangle. Place one stuffed jalapeño in the center. Roll chicken, starting at a short end, around pepper to enclose. Wrap with bacon and secure with toothpicks as needed.

**PER CHICKEN THIGH** 419 cal, 26 g fat (12 g sat. fat), 182 mg chol, 1,242 mg sodium, 2 g carb., 1 g fiber, 1 g sugars, 38 g pro.

### JALAPEÑO SIZE

Canned jalapeños can vary considerably in size.

Smaller cans (such as 7-oz. cans) may contain smaller jalapeños, while larger cans (such as 25-oz. cans) may contain larger jalapeños. Larger 4-inch jalapeños work well in this recipe, and you will use 1 jalapeño per chicken thigh. If your jalapeños are smaller, place 2 stuffed jalapeños end to end per chicken thigh.

*Make it  
a meal!  
Serve these  
stuffed  
chicken  
thighs with  
skillet-  
roasted  
halved  
potatoes.*



15 min  
@ 400°F

## ARAM MASALA-SPICED CHICKEN DRUMSTICKS

HANDS ON 15 minutes

MARINATE 4 hours

AIR-FRY 15 minutes per batch  
at 400°F

- 6 chicken drumsticks, skinned (tip, right)
- ½ tsp. paprika
- 1 tsp. salt
- 1 tsp. ground coriander
- 1 tsp. garam masala
- 1 tsp. ground cumin
- ½ tsp. black pepper
- ¼ tsp. cayenne pepper
- ¾ cup plain whole milk Greek yogurt
- 3 Tbsp. vegetable oil
- 3 cloves garlic, minced
- 2 tsp. minced fresh ginger
- 1 Recipe Turmeric Rice (below)
- Fresh cilantro
- Chutney (optional)

Using a sharp knife, make short, deep slits in chicken. In a small bowl combine next seven ingredients (through cayenne pepper). Sprinkle over chicken, rubbing in with your fingers.

In a large bowl whisk together yogurt, oil, garlic, and ginger. Add chicken; turn to coat. Cover; marinate in refrigerator 4 to 6 hours.

Working in batches if needed, arrange chicken vertically,\* meaty portion down and bone ends up leaning against one another, in air-fryer basket. Cook at 400°F for 15 minutes, turning once halfway through, or until chicken is done (175°F).

Serve with Turmeric Rice, cilantro, and chutney (if using).

**Makes 6 servings** (1 chicken piece + ⅔ cup rice each).

**\*TIP** Chicken can be cooked laying flat. Check internal temperature after 10 minutes.

**PER SERVING** 283 cal., 9 g fat (2 g sat. fat), 96 mg chol., 689 mg sodium, 26 g carb., 1 g fiber, 1 g sugars, 24 g pro.

### CHICKEN CHANGE UP

Swap the chicken drumsticks for 6 skinless, boneless chicken thighs (4 oz. each). Air-fry about 15 minutes, turning once halfway through, or until chicken is done (175°F).



**TURMERIC RICE** In a medium saucepan bring 1¾ cups water to boiling. Stir in 1 cup basmati rice, ½ tsp. salt, and ½ tsp. ground turmeric. Return to boiling; reduce heat. Simmer, covered, 15 minutes. Remove from heat and let stand, covered, 5 minutes. Stir in ⅓ cup chopped green onions.



35 min  
@ 375°F

## UTTERMILK-BRINED CAJUN FRIED CHICKEN

HANDS ON 20 minutes MARINATE 4 hours AIR-FRY 35 minutes per batch at 375°F

- 2 cups buttermilk
- 2 Tbsp. Cajun seasoning, divided (tip, *below*)
- 4 8-oz. skin-on, bone-in chicken thighs
- 1 cup all-purpose flour
- ½ tsp. black pepper
- ¼ tsp. salt
- ½ cups panko
- Nonstick cooking spray
- ¼ cup salted butter
- 1 clove garlic, minced
- 1 Tbsp. honey
- 1 tsp. cider vinegar
- Dill pickle spears (optional)

In a shallow casserole dish whisk together buttermilk and 2 tsp. of the Cajun seasoning. Add chicken; turn to coat. Cover; marinate in refrigerator 4 hours or up to overnight.

In a shallow dish stir together flour, 2 tsp. of the Cajun seasoning, pepper, and salt. Place panko in a second shallow dish. Remove chicken from buttermilk, allowing excess to drip off; reserve buttermilk in a third shallow

dish. Dip chicken into flour mixture, then buttermilk, and press into panko to coat. Coat chicken with cooking spray.

Working in batches if needed, arrange chicken in a single layer in air-fryer basket (do not overcrowd). Cook at 375°F for 35 to 40 minutes, turning and coating with cooking spray halfway through, or until chicken is done (175°F).

Meanwhile, prepare butter sauce. In a 6-inch skillet heat

butter over medium. Add garlic and cook about 30 seconds or until fragrant. Remove from heat and stir in honey, vinegar, and remaining 2 tsp. Cajun seasoning. Drizzle chicken with Cajun butter and serve with pickle spears (if using).

**Makes 4 chicken thighs.**

**PER CHICKEN THIGH** 796 cal., 48 g fat (17 g sat. fat), 252 mg chol., 738 mg sodium, 43 g carb., 1 g fiber, 7 g sugars, 44 g pro.

*Cajun seasonings can vary quite a bit when it comes to the spicy factor. If your blend is on the spicier side, you may want to adjust amounts accordingly.*





# CHIPPED!

**kip the bagged chips  
and air-fry your way  
to healthier versions!**

**Start with classic  
potato and  
sweet potato chips,  
then branch out  
with must-try pickle  
or pasta chips.**

**DRAIN POTATO SLICES  
WELL BY ARRANGING  
THEM ON PAPER  
TOWEL-LINED BAKING  
SHEETS AND PAT DRY  
WITH ADDITIONAL  
PAPER TOWELS.**



12 min  
@ 350°F

## WEET POTATO CHIPS

HANDS ON 10 minutes

SOAK 20 minutes

AIR-FRY 12 minutes per batch  
at 350°F

- 1 8-oz. sweet potato, cut into  $\frac{1}{16}$ -inch slices (tip, left)
- 1 Tbsp. canola oil
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. black pepper
- Nonstick cooking spray

In a large bowl soak potato slices in cold water 20 minutes; drain and pat dry. Wipe out bowl. Return potato slices to bowl. Add oil, salt, and pepper; toss gently to coat.

Lightly coat air-fryer basket with cooking spray. Working in batches, arrange potato slices in a single layer in air-fryer basket (do not overcrowd). Cook at 350°F for 12 to 16 minutes, turning chips every 4 minutes, or until lightly golden and crisp.

Let chips stand 5 minutes before serving. (Chips will continue to crisp as they cool.)  
**Makes 4 servings**  $\frac{1}{2}$  cup each).  
**PER SERVING** 66 cal., 3 g fat (0 g sat. fat), 120 mg sodium, 8 g carb., 1 g fiber, 2 g sugars, 1 g pro.

**BBQ CHIPS** For barbecue seasoning, in a bowl stir together  $\frac{1}{2}$  tsp. onion powder,  $\frac{1}{2}$  tsp. smoked paprika,  $\frac{1}{4}$  tsp. garlic powder,  $\frac{1}{4}$  tsp. salt, and  $\frac{1}{8}$  tsp. chili powder. Prepare Sweet Potato Chips as directed, except substitute barbecue seasoning for salt and black pepper. After cooking, sprinkle  $\frac{1}{2}$  tsp. brown sugar on chips.

**PER SERVING** 72 cal., 3 g fat (0 g sat. fat), 0 mg chol., 171 mg sodium, 9 g carb., 1 g fiber, 2 g sugars, 1 g pro

15 min  
@ 350°F

## POTATO CHIPS

HANDS ON 15 minutes

SOAK 30 minutes

AIR-FRY 15 minutes per batch  
at 350°F

- 1 8-oz. russet potato, peeled and cut into  $\frac{1}{16}$ -inch slices (tip, left)
- Nonstick cooking spray
- 1 tsp. DIY Smoked Cheddar Salt (recipe, below left) or purchased smoked cheddar salt (such as Bitterman's)

In a large bowl soak potato slices in water 15 minutes; drain. Cover potato slices with more water; soak 15 minutes more. Drain potato slices and pat dry.

Coat potato slices with cooking spray and sprinkle with Smoked Cheddar Salt.

Working in batches, arrange potato slices in a single layer in air-fryer basket (do not overcrowd). Cook at 350°F for 15 minutes, turning chips every 4 minutes, or until golden brown and crisp. **Makes 4 servings**  $\frac{1}{2}$  cup each).

**PER SERVING** 39 cal., 0 g fat, 0 mg chol., 65 mg sodium, 8 g carb., 1 g fiber, 1 g sugars, 1 g pro.

## SALT AND VINEGAR CHIPS

Rinse potato slices well to remove starch. In a small saucepan combine sliced potatoes, 1 cup white vinegar, and 1 tsp. kosher salt. Bring to a boil over medium-high. Reduce heat and simmer, uncovered, until tender, about 4 minutes. Remove from heat and let stand 15 minutes. Continue with recipe as directed in Step 2, except omit Smoked Cheddar Salt.

**PER SERVING** 37 cal., 0 g fat, 0 mg chol., 73 mg sodium, 8 g carb., 1 g fiber, 0 g sugars, 1 g pro.

FOR BEST RESULTS, SLICE CHIPS ON A MANDOLINE SET JUST A HAIR THICKER THAN  $\frac{1}{16}$  INCH (ABOUT  $\frac{1}{32}$  INCH THICK).

**DIY SMOKED CHEDDAR SALT**  
STIR TOGETHER TSP. CHEDDAR POPCORN SEASONING AND TSP. SMOKED PAPRIKA.

STORE CHIPS IN AN AIRTIGHT CONTAINER UP TO 3 DAYS.



10 min  
@ 350°F

## ISP PLANTAIN CHIPS

HANDS ON 10 minutes AIR-FRY 10 minutes per batch at 350°F

- 1 green plantain
- Nonstick cooking spray
- 1 pinch salt

Preheat air fryer to 350°F. Cut both ends of plantain and score along the side through the skin only. Peel skin off. Cut plantain in half; peel into strips using a

vegetable peeler. Coat plantain strips with cooking spray.

Lightly coat air-fryer basket with cooking spray. Working in batches if needed, arrange plantain strips in a single layer in air-fryer basket (do not overcrowd). Cook 10 to 12 minutes, turning strips

after 7 minutes, or until crispy. Sprinkle with salt while still hot.

**Makes 2 servings** ½ cup each).

**PER SERVING** 114 cal., 1 g fat (0 g sat. fat), 0 g chol., 74 mg sodium, 29 g carb., 2 g fiber, 16 g sugars, 1 g pro.

*Serve these with pico de gallo or fruit salsa for a burst of fresh flavor.*

*Or have some fun with the seasonings: Try sprinkling with chili powder or Tajín—or go the sweet route with cinnamon-sugar.*

### WATCH OUT

Keep a close watch on the chips, because they can easily burn.





6 min  
@ 350°F

## ICKLE CHIPS WITH CREOLE DIPPING SAUCE

HANDS ON 15 minutes AIR-FRY 6 minutes per batch at 350°F

- ½ cup all-purpose flour
- 2 eggs, lightly beaten
- 1 cup panko
- 1 16-oz. jar reduced-sodium dill pickle chips, drained
- Nonstick cooking spray
- ¼ cup mayonnaise
- 1 Tbsp. Creole mustard
- 1 tsp. fresh lemon juice
- ½ tsp. smoked paprika

Place flour in a shallow dish. In a second shallow dish add eggs. In a third shallow dish add panko. Pat pickles very dry with paper towels. Dip pickles into flour, then eggs, and press into panko to coat. Lightly coat pickles with cooking spray.


Working in batches if needed, arrange pickles in a single layer in air-fryer basket. Cook at 350°F for 6 minutes or until golden brown.

Meanwhile, for dipping sauce, in a small bowl stir together mayonnaise, Creole mustard, lemon juice, and smoked paprika. Serve with pickles. **Makes 6 servings**

⅓ cup pickles + about 1 Tbsp. sauce each).

**PER SERVING** 177 cal., 9 g fat (2 g sat. fat), 66 mg chol., 409 mg sodium, 19 g carb., 2 g fiber, 1 g sugars, 6 g pro.





12 min  
@ 350°F

## READED ZUCCHINI CHIPS

HANDS ON 10 minutes AIR-FRY 12 minutes per batch at 350°F

- egg, lightly beaten
- $\frac{3}{4}$  cup panko
- $\frac{1}{2}$  cup grated Parmesan cheese (2 oz.)
- 1 9-oz. zucchini, cut in  $\frac{1}{4}$ -inch slices (2 cups)
- Nonstick cooking spray
- $\frac{1}{4}$  tsp. salt (optional)

Place egg in a shallow dish. In another shallow dish stir together panko and cheese. Dip zucchini slices into egg,

then press into panko mixture to coat. Lightly coat zucchini slices with cooking spray.

Working in batches if needed, arrange zucchini slices in a single layer in air-fryer basket (do not overcrowd). Cook at 350°F for 12 minutes, turning once halfway through, or until browned and crispy. Sprinkle with salt (if using). **Makes 4 servings**  $\frac{1}{2}$  cup each).

**PER SERVING** 111 cal., 5 g fat (2 g sat. fat), 55 mg chol., 237 mg sodium, 11 g carb., 1 g fiber, 2 g sugars, 6 g pro.

*Don't forget to make the dip ahead of time. Allowing plenty of time to chill the dip enhances the overall flavor.*

## EVERYTHING ONION DIP

HANDS ON 30 minutes  
COOL 20 MINUTES  
CHILL 4 hours

- 1 Tbsp. olive oil
- 1 white onion, chopped (1 cup)
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  cup minced shallots
- $\frac{1}{4}$  cup chopped red onion
- 2 cloves garlic, minced
- 2 tsp. dried minced onion
- 1 cup sour cream
- $\frac{1}{3}$  cup mayonnaise
- $\frac{1}{4}$  tsp. black pepper
- Pinch cayenne pepper
- 3 Tbsp. thinly sliced green onions
- 2 Tbsp. thinly sliced fresh chives

In a 10-inch skillet heat oil over medium-high. Add white onion and salt. Cook until onion is golden brown and tender, 7 to 8 minutes, stirring frequently. Add shallots, red onion, and garlic; cook and stir until softened, 3 to 4 minutes. Remove from heat and stir in dried minced onion. Cool completely, about 20 minutes.

In a bowl stir together sour cream, mayonnaise, black pepper, cayenne pepper, and cooled onion mixture. Chill, covered, at least 4 hours or up to overnight.

Stir in green onions and chives just before serving. **Makes 12 servings** (2 Tbsp. each).

**PER SERVING** 94 cal., 9 g fat (2 g sat. fat), 12 mg chol., 92 mg sodium, 3 g carb., 0 g fiber, 2 g sugars, 1 g pro.





7 min  
@ 400°F

## AVORY PASTA CHIPS

HANDS ON 5 minutes

AIR-FRY 7 minutes per batch  
at 400°F

COOL 20 minutes

- 1 cup dried farfalle pasta
- ½ tsp. olive oil
- ¼ cup grated Parmesan cheese
- ½ tsp. garlic powder
- ½ tsp. Italian seasoning
- ¼ tsp. salt
- Pesto, for serving

Cook farfalle according to package directions. Drain (do not rinse) and pat dry.

Preheat air fryer to 400°F. In a large bowl add pasta and drizzle with oil. Stir in cheese, garlic powder, Italian seasoning, and salt until pasta is coated.

Working in batches if needed, arrange pasta in a single layer in air-fryer basket (do not overcrowd). Cook 7 to 8 minutes, turning once halfway through. Transfer to paper towels, breaking apart any pieces that are stuck together. Let cool completely, about 20 minutes. Serve with pesto. Store chips in an airtight container at room temperature up to 3 days.

**Makes 4 servings** ⅓ cup each).

**PER SERVING** 103 cal., 3 g fat (1 g sat. fat), 4 mg chol., 236 mg sodium, 15 g carb., 1 g fiber, 1 g sugars, 4 g pro.



# MEDITERRANEAN

# MEALS

# IN

Leaning heavily on olive oil, fish, veggies, and whole grains, the Mediterranean diet is touted as perhaps the healthiest way of eating ever. Now you can get all that nutritious goodness in 30 minutes or less from your fast-cooking air fryer.

# MINUTES



ALAFEL WITH  
ROASTED  
PEPPERS AND  
TZATZIKI,  
P. 62





16 min  
@ 400°F

## FALAFEL WITH ROASTED PEPPERS AND TZATZIKI

PICTURED ON P. 61 HANDS ON 20 minutes STAND 10 minutes AIR-FRY 16 minutes per batch at 400°F

*a toast  
sesame seeds,  
place in a  
6-inch  
skillet and  
cook over  
medium 2 to  
3 minutes,  
stirring  
frequently,  
or until  
golden and  
fragrant.*

- ½ cup shredded, seeded cucumber
- Pinch salt
- ½ cup plain full-fat Greek yogurt
- 2 Tbsp. plus 1 tsp. olive oil, divided
- 1 Tbsp. chopped fresh mint or dill
- 2 tsp. fresh lemon juice
- 1 small clove garlic, minced
- 1 medium bell pepper, cut into strips (1 cup)
- 1 15-oz. can no-salt-added chickpeas, rinsed and drained
- ¼ cup chopped fresh flat-leaf parsley, cilantro, and/or dill
- 2 Tbsp. all-purpose flour
- 3 cloves garlic, chopped
- 1 tsp. ground coriander
- ½ tsp. baking powder
- ½ tsp. ground cumin
- ¼ tsp. freshly ground black pepper
- ¼ tsp. salt
- 2 Tbsp. toasted sesame seeds
- Nonstick cooking spray
- 1 recipe Lemon Couscous
- Halved cherry tomatoes and/or sliced cucumber

For the tzatziki, in a colander set over a bowl toss shredded

cucumber with a pinch of salt. Let stand 10 minutes. Using a large spoon, press out excess liquid. Place cucumber on paper towels and squeeze out any additional liquid.

In a small bowl stir together cucumber, yogurt, 1 Tbsp. of the oil, the mint, lemon juice, and minced garlic.

Preheat air fryer to 400°F. In a medium bowl toss bell pepper strips with 1 tsp. of the oil. Place pepper strips in air-fryer basket. Cook 6 minutes, shaking basket halfway through, or until soft and starting to char.

For falafel, in a food processor combine roasted pepper, remaining 1 Tbsp. oil, the chickpeas, parsley, flour, chopped garlic, coriander, baking powder, cumin, black pepper, and salt. Cover and pulse until everything is well-blended, finely chopped, and holds together (there will be some small visible pieces of chickpea). Add sesame seeds and pulse just to combine. Form into 12 small patties (about ½ inches in diameter). Coat falafel with cooking spray.

Working in batches if needed, arrange falafel in a single layer in air-fryer basket. Cook 10 minutes, turning once halfway through, or until patties are a deep golden brown.

Serve with tzatziki, Lemon Couscous, tomatoes and/or sliced cucumber, and additional herbs. **Makes 4 servings** (3 falafel each).

**LEMON COUSCOUS** In a small saucepan heat 1 Tbsp. olive oil over medium. Add ¼ cup finely chopped shallot; cook and stir until translucent, about 3 minutes. Add 1½ cups dry couscous and cook, stirring constantly, 1 minute. Add ½ cups boiling reduced-sodium chicken broth and ¼ tsp. salt, then remove from heat. Cover and let stand 10 to 15 minutes or until couscous is tender and liquid is absorbed. Fluff with a fork and stir in ¼ cup chopped fresh parsley and juice from one lemon before serving.

**PER SERVING** 354 cal., 13 g fat (3 g sat. fat), 8 mg chol., 283 mg sodium, 48 g carb., 7 g fiber, 3 g sugars, 11 g pro.

*We  
recommend  
using pound  
lean ground  
beef and  
pound  
ground lamb  
for the  
best flavor.*

- ½ cup chopped yellow onion
- ½ cup chopped dates
- ¼ cup chopped fresh flat-leaf parsley and/or cilantro
- 2 cloves garlic, minced
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- ¼ tsp. ground allspice
- ¼ tsp. ground cinnamon
- ⅛ tsp. cayenne pepper (optional)
- 1 lb. lean ground beef and/or ground lamb
- 1 pt. whole cherry tomatoes
- ½ cup sliced yellow onion
- ¼ cup tahini
- 2 Tbsp. honey
- 1 to 2 tsp. fresh lemon juice
- 6 whole wheat Greek pita flatbreads
- ½ of a cucumber, sliced
- Lemon wedges (optional)

Preheat air fryer to 350°F. In a food processor combine first 10 ingredients (through cinnamon) and cayenne pepper (if using). Cover and pulse until finely chopped. Add beef; pulse just until combined. Form into 18 small oval balls.

Working in batches if needed, arrange koftas in a single layer in air-fryer basket. Cook 9 minutes, turning once halfway through, or until koftas are done (160°F).

Add tomatoes and onion to basket. Cook 9 minutes, stirring once halfway through, or until tender.

Meanwhile, for honey tahini, in a small bowl whisk together tahini, honey, and 1 tsp. lemon juice, thinning with more lemon juice if needed.

Spread about 1 Tbsp. honey tahini on each pita and top with koftas, tomato-onion mixture, and cucumber. If using, serve with lemon wedges. **Makes 6 wraps.**

**PER WRAP** 438 cal., 13 g fat (3 g sat. fat), 48 mg chol., 517 mg sodium, 60 g carb., 7 g fiber, 17 g sugars, 25 g pro.

18 min  
@ 350°F

## KOFTA WRAPS WITH HONEY TAHINI

HANDS ON 25 minutes AIR-FRY 18 minutes per batch at 350°F





OFTA WRAPS  
WITH HONEY  
TAHINI



## FRENCHING LAMB CHOPS

Frenching is the technique of cutting meat away from the top of a rib or chop to expose part of the bone. Ask your butcher to trim and french the rack for you. If a butcher is unavailable, follow these steps: Remove the thick layer of fat from the bone side of rack by pulling it away with your hands and using a thin sharp knife to cut through the end; discard. Remove meat between the ribs to 1 to 2 inches of the eye of the meat by cutting down and up along the bones. Scrape remaining bits of meat from the bone.



HERBED LAMB  
CHOPS WITH  
BABY  
POTATOES AND  
GRAPES





### REMOVING FISH

Take care when lifting delicate fish out of an air-fryer basket, as cooked fish flakes easily. For best results, use a fish turner with a silicone tip, which will help lift the fish in one piece without damaging the basket.



HARISSA-LIME SALMON WITH ASPARAGUS

3 min  
@ 400°F

5 min  
@ 400°F

## ERBED LAMB CHOPS WITH BABY POTATOES AND GRAPES

HANDS ON 15 minutes STAND 15 minutes  
AIR-FRY 23 minutes per batch at 400°F

- 3 Tbsp. finely chopped fresh mint, divided
- 1 tsp. sugar
- ¼ cup red wine vinegar, divided
- 4 tsp. olive oil, divided
- ¼ tsp. finely chopped fresh rosemary, divided
- 1 clove garlic, grated
- ¼ tsp. freshly ground black pepper
- ¼ tsp. salt, divided
- 4 lamb rib chops, cut 1 inch thick, frenched (tip, *opposite*) (about 8 oz.)
- 1 lb. new potatoes, 1½- to 2-inch diameter, halved (3 cups)
- ¼ tsp. garlic powder
- 1 cup whole seedless red grapes

For the sauce, in a small bowl lightly muddle together 2 Tbsp. mint and the sugar. Add 2 Tbsp. of the vinegar; stir to dissolve sugar. Let rest while preparing the lamb and potatoes.

Set a large resealable bag in a shallow dish. In the bag combine 3 tsp. of the oil, remaining 2 Tbsp. vinegar, remaining 1 Tbsp. mint, 1 tsp. of the rosemary, the garlic, pepper, and ½ tsp. of the salt.

dd chops; seal bag and massage marinade into the chops. Let stand at room temperature 15 to 20 minutes.

Meanwhile, in a medium bowl toss potatoes in remaining 1 tsp. oil, ¼ tsp. rosemary, and ½ tsp. salt and the garlic powder. Place potatoes in air-fryer basket. Cook at 400°F for 15 minutes, tossing potatoes and adding grapes to basket after 10 minutes, or until potatoes are golden and tender. Keep potatoes and grapes warm in a 200°F oven while preparing the chops.

Working in batches if needed, arrange chops in a single layer in air-fryer basket. Cook at 400°F for 8 minutes, turning once halfway through, or until desired doneness (120°F for medium rare).

Serve lamb chops with potatoes, grapes, and sauce.

**Makes 2 servings** (2 chops + ¼ cups potatoes and grapes + 2 Tbsp. sauce each).

**PER SERVING** 420 cal., 11 g fat (3 g sat. fat), 82 mg chol., 329 mg sodium, 53 g carb., 4 g fiber, 17 g sugars, 29 g pro.

## HARISSA-LIME SALMON WITH ASPARAGUS

HANDS ON 10 minutes AIR-FRY 5 minutes per batch at 400°F

- 2 Tbsp. mild harissa sauce
- 1 Tbsp. honey
- ⅛ tsp. coriander
- ⅛ tsp. salt
- ¼ tsp. freshly ground black pepper
- 2 6-oz. skinless salmon fillets
- 8 oz. asparagus spears, trimmed to fit air fryer (about 16 spears)
- 1 tsp. olive oil
- 2 Tbsp. plain low-fat Greek yogurt
- 2 Tbsp. mayonnaise
- 1 Tbsp. mild harissa sauce
- 1 clove garlic, grated
- 1 tsp. lime zest
- 1 Tbsp. fresh lime juice
- Lime wheels and/or fresh cilantro (optional)

Preheat air fryer to 400°F. In a bowl whisk together first five ingredients (through pepper).

Pat salmon dry with paper towels. Generously coat salmon with harissa mixture.

Line air-fryer basket with perforated parchment (tip, p. 85). Working in batches if needed, arrange salmon and asparagus in prepared basket. Drizzle asparagus with oil and sprinkle with a pinch of salt and pepper. Cook 5 minutes or until salmon is done (145°F) and fish flakes.

Meanwhile, for harissa-lime sauce, in a small bowl whisk together yogurt, mayonnaise, harissa sauce, garlic, lime zest and juice, and pinch of salt and pepper. Add *water* as needed to reach desired consistency. Serve salmon with sauce and, if using, lime wheels and/or cilantro. **Makes 2 servings** (6 oz. fillet + 8 spears asparagus + 3 Tbsp. sauce each).

**PER SERVING** 431 cal., 24 g fat (4 g sat. fat), 101 mg chol., 554 mg sodium, 15 g carb., 2 g fiber, 12 g sugars, 37 g pro.

**HARISSA SAUCE** and harissa paste are similar products but not the same. Harissa paste, made of hot chile peppers, spices, and garlic, is thick and fairly spicy. Harissa sauce is usually thinner and more mild. You can find store-bought versions of both. Hot sauce or gochujang could be used as substitutes, but you may need to use less.



10 min  
@ 400°F

## NE-BASKET MEDITERRANEAN CHICKEN DINNER

HANDS ON 15 minutes AIR-FRY 10 minutes per batch at 400°F

- 8 oz. skinless, boneless chicken breast, thinly sliced
- $\frac{3}{4}$  cup thinly sliced red onion
- 4 oz. crimini or button mushrooms, halved or quartered
- $\frac{1}{2}$  of a medium zucchini, cut into  $\frac{1}{2}$ -inch-thick slices
- 2 Tbsp. olive oil, divided
- 2 cloves garlic, minced
- 1 tsp. finely chopped fresh sage (or  $\frac{1}{4}$  tsp. dried sage)
- 1 tsp. finely chopped fresh thyme (or  $\frac{1}{4}$  tsp. dried thyme)
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. freshly ground black pepper
- 2 Tbsp. white balsamic vinegar
- 1 Tbsp. honey
- 2 Tbsp. chopped fresh flat-leaf parsley
- 3 Tbsp. sliced dried apricots or golden raisins

- 2 Tbsp. crumbled goat cheese or feta cheese
- Salad greens (optional)

Preheat air fryer to 400°F. In a large bowl combine chicken, onion, mushrooms, zucchini, 1 Tbsp. of the oil, the garlic, sage, thyme, salt, and pepper; toss to coat.

Working in batches if needed, place chicken mixture evenly in air-fryer basket. Cook 10 minutes, stirring once halfway through, until chicken is done (165°F) and veggies start to brown. Keep chicken mixture warm in a 200°F oven, if necessary.


Meanwhile, in a large bowl whisk together remaining 1 Tbsp. oil, the vinegar, and honey. Add chicken mixture, parsley, and apricots; toss until well combined.

Top with cheese and serve with greens (if using). **Makes 2 servings** ( $1\frac{3}{4}$  cups each).

**PER SERVING** 416 cal., 19 g fat (4 g sat. fat), 89 mg chol., 388 mg sodium, 30 g carb., 3 g fiber, 24 g sugars, 31 g pro.







4 min  
@ 400°F

## ▣ LACKENED TUNA WITH AVOCADO- CITRUS SALAD

HANDS ON 15 minutes

AIR-FRY 4 minutes  
per batch at 400°F

- 2 4- to 5-oz. tuna steaks,  
about 1 inch thick
- 2 Tbsp. olive oil, divided
- $\frac{1}{8}$  tsp. salt
- 1 Tbsp. Aleppo Spice Rub  
(recipe, *right*)
- 1 small grapefruit
- 1 orange
- 3 Tbsp. fresh lemon juice
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. freshly ground black  
pepper
- 1 avocado, halved, seeded,  
peeled, and sliced
- $\frac{1}{4}$  cup thinly slivered red  
onion
- Baby spinach (optional)
- 2 tsp. Italian-style chili oil  
(optional)

Preheat air fryer to 400°F.

Pat tuna dry with paper towels. Rub tuna with 1 Tbsp. of the oil and sprinkle with  $\frac{1}{8}$  tsp. salt; roll evenly in the Aleppo Spice Rub.

Working in batches if needed, arrange tuna in a single layer in air-fryer basket. Cook 4 to 5 minutes or until tuna is done (130°F). Tuna should be pink in the center.

Meanwhile, for salad, remove peel and pith from the grapefruit and orange by first cutting off the ends, then standing upright on a cutting board and slicing with the curve of the fruit to remove the majority of peel and pith, while keeping the fruit intact. Thinly slice the fruit.

In a medium bowl whisk together lemon juice, remaining 1 Tbsp. oil, the  $\frac{1}{4}$  tsp. salt, and pepper.

Add sliced citrus, avocado, and red onion to the lemon mixture; gently stir to combine.

Thinly slice tuna and serve with avocado-citrus salad and spinach (if using). If you like, drizzle with chili oil. **Makes 2 servings** (1 tuna steak +  $\frac{1}{2}$  cups salad each).

**PER SERVING** 450 cal., 25 g fat (4 g sat. fat), 44 mg chol., 494 mg sodium, 27 g carb., 8 g fiber, 13 g sugars, 31 g pro.

### ALEPPO SPICE RUB

Combine 2 Tbsp. Aleppo pepper, 2 Tbsp. smoked paprika, 1 Tbsp. onion powder, 1 tsp. ground oregano, 1 tsp. garlic powder, and 1 tsp. freshly ground black pepper. Store in an airtight container.



8 min  
@ 375°F  
+ 5 min  
@ 400°F

## CALLOPS WITH ROASTED CORN SALAD

HANDS ON 20 minutes

AIR-FRY 8 minutes at 375°F +  
5 minutes per batch at 400°F

STAND 5 minutes

- 3 ears fresh sweet corn, shucked and cut in half crosswise
- 3 Tbsp. olive oil, divided
- ½ cup halved cherry tomatoes
- ¼ cup chopped green onions
- 2 Tbsp. crumbled feta cheese or ricotta salata
- 2 Tbsp. fresh lemon juice
- ¼ tsp. freshly ground black pepper
- 2 Tbsp. chopped fresh basil
- 1 clove garlic, minced
- 10 to 12 fresh or frozen sea scallops, thawed if needed (8 to 10 oz.)
- ⅛ tsp. salt
- Toasted mini naan (optional)

Preheat air fryer to 375°F. Brush corn with 1 Tbsp. of the oil.

Working in batches if needed, place corn in air-fryer basket. Cook 8 to 10 minutes or until golden and tender. Let stand until cool enough to handle, 5 to 10 minutes.

Cut corn kernels from the cobs. In a medium bowl combine corn, 1 Tbsp. of the oil, and next five ingredients (through pepper). Let stand at room temperature. Stir in basil before serving.

Preheat air fryer to 400°F. In a small bowl combine remaining 1 Tbsp. oil and the garlic.

Pat scallops dry with paper towels and remove any side muscles. Brush scallops with garlic oil and sprinkle with salt.

Working in batches if needed, arrange scallops in a single layer in air-fryer basket. Cook 5 minutes or until scallops are opaque. Serve with roasted corn salad and naan (if using).

**Makes 2 servings** (5 scallops + ¼ cups salad each).

**PER SERVING** 432 cal., 25 g fat (4 g sat. fat), 42 mg chol., 436 mg sodium, 33 g carb., 4 g fiber, 10 g sugars, 26 g pro.

SCALLOPS  
WITH ROASTED  
CORN SALAD





CHICKEN  
PICCATA

10 min  
@ 400°F

## HICKEN PICCATA

HANDS ON 30 minutes AIR-FRY 10 minutes per batch at 400°F

- 4-oz. skinless, boneless chicken breasts (or one 8 oz. chicken breast halved horizontally)
- $\frac{1}{8}$  tsp. salt
- $\frac{1}{4}$  tsp. freshly ground black pepper, divided
- 1 egg white
- $\frac{1}{2}$  cup plus 1 Tbsp. dry white wine
- $\frac{1}{4}$  cup fine dry bread crumbs
- 1 Tbsp. grated Parmesan cheese
- $\frac{1}{4}$  tsp. onion powder
- $\frac{1}{8}$  tsp. garlic powder
- Nonstick cooking spray
- $\frac{1}{3}$  cup dried orzo pasta
- 1 clove garlic, peeled
- 1 Tbsp. olive oil, divided
- 2 cups chopped fresh spinach
- $\frac{1}{3}$  cup chopped roasted red peppers
- 1 tsp. lemon zest
- 2 Tbsp. fresh lemon juice, divided
- 2 cloves garlic, minced
- $\frac{3}{4}$  cup plus 1 Tbsp. reduced-sodium chicken broth

- 1 Tbsp. capers, rinsed and drained
- 2 tsp. cornstarch
- 1 Tbsp. heavy cream at room temperature
- Chopped fresh flat-leaf parsley

Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to  $\frac{1}{4}$ -inch thickness. Season chicken with salt and  $\frac{1}{8}$  tsp. of the pepper.

In a shallow dish whisk together egg white and the 1 Tbsp. white wine. In a second shallow dish whisk together bread crumbs, cheese, onion powder, and garlic powder.

Dip chicken into egg mixture, allowing excess to drip off, then press into bread crumb mixture to coat. Coat chicken with cooking spray.

Working in batches if needed, arrange chicken in a single layer in air-fryer basket. Cook at 400°F for 10 minutes, turning once halfway through, or until chicken is done (165°F).

Meanwhile, prepare orzo and caper sauce. Cook orzo according to package directions, adding the garlic clove to the boiling water with the orzo. Drain orzo; remove garlic. Mince garlic and return to saucepan with orzo. Stir in 2 tsp. of the oil, spinach, red peppers, lemon zest, 1 Tbsp. lemon juice, and remaining  $\frac{1}{8}$  tsp. pepper. Cook over medium-low, stirring constantly, until spinach is wilted and heated through. Cover and keep warm.

In a small saucepan heat remaining 1 tsp. oil over medium-high. Add minced garlic and cook 30 seconds or until fragrant, stirring

regularly. Carefully add the  $\frac{1}{2}$  cup white wine; cook, stirring, until wine is almost completely reduced, about 5 minutes. Add the  $\frac{3}{4}$  cup chicken broth, capers, and remaining 1 Tbsp. lemon juice. Cook and stir until reduced by half, about 8 minutes.

In a small bowl whisk together the 1 Tbsp. chicken broth and the cornstarch. Whisk cornstarch slurry into white wine mixture and cook, whisking constantly, until sauce thickens, about 1 minute. Remove from heat and stir in cream.

Serve chicken with orzo, caper sauce, and parsley. **Makes 2 servings** (1 chicken breast +  $\frac{3}{4}$  cup orzo +  $\frac{1}{3}$  cup sauce each).

**PER SERVING** 500 cal., 15 g fat (4 g sat. fat), 93 mg chol., 530 mg sodium, 42 g carb., 3 g fiber, 3 g sugars, 36 g pro.





#### SPICY RANCH DRESSING

Mix together  $\frac{1}{2}$  cup ranch salad dressing with 1 to 3 tsp. cayenne pepper sauce (such as Frank's RedHot). If you like, sprinkle with chopped fresh dill.



4 min  
@ 400°F

## ILL CHEESE CURDS

HANDS ON 15 minutes

FREEZE 1 hour 30 minutes

AIR-FRY 4 minutes per batch at 400°F

- 8 oz. cheese curds with dill
- $\frac{1}{4}$  to  $\frac{1}{2}$  tsp. smoked paprika
- $\frac{1}{3}$  cup all-purpose flour
- 2 eggs, lightly beaten
- 2 Tbsp. water
- 1 cup panko
- $\frac{1}{2}$  cup grated Parmesan cheese
- $\frac{1}{2}$  tsp. dried dill
- Nonstick cooking spray
- Spicy Ranch Dressing (recipe, opposite) (optional)

Line a tray with parchment paper. Sprinkle cheese curds with smoked paprika; toss to coat.

Place flour in a shallow dish. In a second shallow dish whisk together eggs and the water. In a third shallow dish stir together panko, Parmesan, and dill. Dip cheese curds into flour, then egg mixture, and press into panko mixture to coat. Coat again with egg and panko mixtures. Place cheese curds on prepared tray. Freeze until firm, at least  $1\frac{1}{2}$  hours.

Generously coat cheese curds with cooking spray. Working in batches if needed, arrange cheese curds in a single layer in air-fryer basket (do not overcrowd). Cook at 400°F for 4 to 5 minutes or until golden brown. Let stand in air fryer 3 minutes. Keep cheese curds warm in a 200°F oven, if necessary. Serve with Spicy Ranch Dressing (if using). **Makes 4 servings**  $\frac{1}{2}$  cup [2 oz. plain curds] each).

**PER SERVING** 373 cal., 23 g fat (14 g sat. fat), 91 mg chol., 575 mg sodium, 17 g carb., 0 g fiber, 1 g sugars, 22 g pro.

Did someone say  
cheese? Yes, please!  
Baked Brie, cheese  
curds, fried Halloumi—  
there are so many  
air-fried cheese  
creations here to love.

# SAY CHEESE





MELTY  
BRIE

#### LING IT!

If you have a smaller basket-style air fryer, removing the baking dish can be a challenge. For easy dish removal, make an aluminum foil sling: Measure out a long piece of aluminum foil that covers the length of your dish and up the sides plus a little extra for overhang.

Fold the sheet lengthwise two to three times to reinforce its strength and to create a narrow sturdy strip. Place your dish directly in the center of the strip and use the foil ends that are sticking out from underneath as handles. The handles make it easier to place something into a preheated air fryer as well as remove it.



10 min  
@ 350°F

## ELTY BRIE

HANDS ON 15 minutes  
AIR-FRY 10 minutes at 350°F

- 1 8-oz. wheel Brie cheese
- $\frac{3}{4}$  cup seedless red grapes, halved or quartered
- 2 dried figs, finely chopped
- 1 Tbsp. honey
- $\frac{1}{2}$  tsp. lemon zest
- $\frac{1}{8}$  tsp. fennel seeds, crushed, or  $\frac{1}{4}$  tsp. chopped fresh rosemary
- $\frac{1}{8}$  tsp. crushed red pepper
- 1 Tbsp. smoked almonds, chopped
- 24 toasted baguette slices

Slice the rind from the top of the Brie; discard. Place Brie, cut side up, in a small, shallow ovenproof dish (about 1 inch larger in diameter than Brie).

In a small bowl combine the grapes, figs, honey, lemon zest, fennel seed, and crushed red pepper. Top Brie with grape mixture.

Place dish in air-fryer basket (tip, opposite). Cook at 350°F for 10 to 12 minutes or until Brie is soft and melty. Let stand in air fryer for 3 minutes. Carefully remove dish.

Top Brie with smoked almonds and serve with baguette slices.

**Makes 8 servings** (2 Tbsp. each).

**TIP** Use the Brie as a focal point on a cheese board and fill out the board with fruit, nuts, and crackers.

**PER SERVING** 395 cal., 9 g fat (5 g sat. fat), 28 mg chol., 815 mg sodium, 63 g carb., 3 g fiber, 6 g sugars, 18 g pro.



PIMENTO  
MAC AND  
CHEESE ROLLS

9 min  
@ 375°F

*Lumpia wrappers are thinner than egg roll wrappers and made with wheat flour. Look for them in the freezer section of your local Asian market. (Egg roll wrappers are too thick and tough for this recipe.)*

## PIMENTO MAC AND CHEESE ROLLS

HANDS ON 15 minutes AIR-FRY 9 minutes per batch at 375°F

- 6 frozen lumpia wrappers
- 1 10- to 12-oz. container pimento cheese spread
- 1 cup dried ditalini or small shell pasta, cooked according to package directions
- Nonstick cooking spray
- Paprika (optional)

Thaw lumpia wrappers according to package directions. In a medium bowl fold together pimento cheese spread and cooked pasta.

For each cheese roll, place a lumpia wrapper on a work surface with a corner pointing toward you. Spoon  $\frac{1}{3}$  cup filling onto wrapper just below center. Fold bottom corner of

wrapper over filling, tucking it underneath. Fold in opposite corners. Brush remaining side of wrapper with water and roll up tightly to seal. Generously coat rolls with cooking spray.

Working in batches if needed, arrange rolls in a single layer in air-fryer basket. Cook at 375°F for 9 to 10 minutes, turning once halfway through, or until crisp. Keep cooked rolls warm in a 200°F oven, if necessary. Sprinkle with paprika (if using) before serving. **Makes 6 rolls.**

**PER ROLL** 210 cal., 9 g fat (6 g sat. fat), 30 mg chol., 342 mg sodium, 22 g carb., 1 g fiber, 3 g sugars, 6 g pro.





### TOASTED PITA WEDGES

Cut 2 pita rounds into 6 wedges per pita. Toss with 1 Tbsp. olive oil and ¼ tsp. each salt and black pepper. Air-fry at 350°F for 5 to 6 minutes or until golden brown and crispy.

10 min  
@ 360°F

## SPICED HALLOUMI

HANDS ON 10 minutes

AIR-FRY 10 minutes per batch  
at 360°F

- 1 8-oz. pkg. Halloumi cheese
  - 1 Tbsp. olive oil
  - 1 tsp. ras el hanout seasoning
  - ½ cup plain low-fat Greek yogurt
  - 2 tsp. harissa paste
  - 1 Tbsp. fresh lemon juice
  - 1 Tbsp. chopped fresh mint
  - 2 tsp. honey
- Toasted Pita Wedges**  
(recipe, *above left*)

- 1.** Cut Halloumi crosswise into eight slices. Brush with oil. Sprinkle with ras el hanout.
- 2.** Working in batches if needed, arrange Halloumi in a single layer in air-fryer basket. Cook at 360°F for 10 to 12 minutes or until crisp and golden brown.
- 3.** For harissa sauce, in a small bowl whisk together yogurt, harissa paste, lemon juice, mint, and honey. If you like, sprinkle with additional mint.
- 4.** If you like, drizzle Halloumi with additional oil and sprinkle with ras el hanout. Serve with harissa sauce and Toasted Pita Wedges. **Makes 8 servings** (1 Halloumi slice each).

**PER SERVING** 195 cal., 14 g fat (6 g sat. fat), 22 mg chol., 494 mg sodium, 11 g carb., 1 g fiber, 2 g sugars, 9 g pro.





5 min  
@ 400°F

## ANCH- CRUSTED BABY CHEESES

HANDS ON 15 minutes

FREEZE 1 hour

AIR-FRY 5 minutes  
per batch at 400°F

- $\frac{2}{3}$  cup all-purpose flour
- 2  $4\frac{1}{2}$ -oz. pkg. miniature  
wax-wrapped semisoft  
original or Gouda cheeses  
(12), unwrapped
- 2 eggs, lightly beaten
- 2 Tbsp. water
- 1 cup finely crushed  
ranch-flavored tortilla  
chips (4 oz.)
- Nonstick cooking spray

Place flour in a shallow dish. Dip cheese into flour to coat. Place on a parchment-lined tray; reserve remaining flour in dish. Freeze for 1 hour.

In a second shallow dish whisk together eggs and the water. In a third shallow dish add chips.

Dip cheese again into flour, then egg mixture, and press into chips to coat. Coat again with egg mixture and chips. Generously coat cheeses with cooking spray.

Working in batches, arrange cheeses in a single layer in air-fryer basket (do not overcrowd).

Cook at 400°F for 5 to 8 minutes, turning once halfway through, or until golden brown and cheese softens. Keep cooked cheese warm in a 200°F oven, if necessary. **Makes 12 servings** (1 cheese each).

**PER SERVING** 130 cal., 8 g fat (4 g sat. fat), 41 mg chol., 213 mg sodium, 8 g carb., 0 g fiber, 0 g sugars, 7 g pro.

*Chip change!  
Use different  
flavored chips to  
crust the cheese  
for a fun  
flavor twist.*





#### E AHEAD

Prepare recipe as written through Step 4. Place dough balls on a baking sheet and freeze at least 2 hours or until dough balls are frozen solid. Transfer the dough balls to a resealable storage bag. Label and freeze up to 1 month.

**TO AIR-FRY FROM FROZEN**, cook at 350°F for 12 to 15 minutes, turning once halfway through, or until golden brown and puffy.

**TAPIOCA FLOUR**, sometimes called tapioca starch, is a gluten-free alternative to all-purpose and wheat flours. It comes from the root of a South American plant called cassava and has a texture similar to cornstarch. Besides being a staple ingredient for gluten-free baking, it's also used for thickening soups, pie fillings, puddings, and sauces. Find it with the other specialty flours at the grocery store.





*Dip scoop  
in water  
occasionally  
when portioning  
the dough to help  
prevent sticking.*

### ADD FLAVOR

**ITALIAN** Use mozzarella or Italian-blend cheese for the shredded cheese. Add 2 Tbsp. finely chopped oil-packed dried tomatoes and 1 tsp. Italian seasoning when adding the shredded cheese to the mixer.

**EVERYTHING** Reduce the amount of salt in the dough to ½ tsp. Add 2 tsp. everything bagel seasoning when adding the shredded cheese to the mixer. If you like, sprinkle dough balls with additional seasoning before

**SOUTHWEST** Use pepper Jack cheese for the shredded cheese. Add 1 Tbsp. finely chopped fresh cilantro and 1 tsp. finely chopped canned chipotle peppers in adobo sauce when adding the shredded cheese to the mixer.

**LOADED** Use cheddar cheese for the shredded cheese. Add 2 Tbsp. cooked bacon bits (or finely chopped crisp-cooked bacon) and 1 Tbsp. finely chopped fresh chives when adding the shredded cheese to the mixer.

**RANCH** Add 1 Tbsp. dry ranch salad dressing and dip mix to the mixer along with the tapioca flour.

Warm and light as air, these  
tasty cheese puffs are a traditional  
Brazilian breakfast treat.  
(Bonus: They're gluten-free!)

# BRAZILIAN CHEESE BREAD

12 min  
@ 350°F

## (PÃO DE QUEIJO)

HANDS ON 20 minutes AIR-FRY 12 minutes per batch at 350°F

- ¾ cup plus 2 Tbsp. milk
- 3 Tbsp. salted butter
- ¾ tsp. salt
- 2 cloves garlic, minced
- 2 cups tapioca flour (starch)
- 1 egg
- ¾ cup grated Parmesan cheese
- ½ cup shredded mozzarella, Monterey Jack, and/or cheddar cheese (2 oz.)

In a small saucepan combine milk, butter, salt, and garlic. Bring to boiling over medium-high.

Meanwhile, place tapioca flour in the bowl of a stand mixer. Once the milk mixture is boiling, immediately add it to the bowl with the flour. Mix on medium speed until fully combined; the texture will be similar to fondant: white and very sticky. Mix on medium-low for 3 minutes to allow the mixture to continue to thicken and cool.

With the mixer on medium-low, add the egg. Continue mixing until egg is fully incorporated, about 1 minute. Gradually add Parmesan, a handful at a time, until fully incorporated. Add shredded cheese and mix just until combined. Chill dough 20 minutes before scooping.

Line air-fryer basket with perforated parchment paper (tip, p. 85). Using a 1½ Tbsp. cookie scoop (tip, far left) or a spoon and wet hands, portion the dough into balls.

Working in batches, arrange dough balls 2 inches apart in prepared basket. Cook at 350°F for 12 to 14 minutes, turning once halfway through, or until golden brown and puffy. Serve warm. **Makes 20 cheese bread balls**

**PER CHEESE BREAD BALL** 89 cal., 4 g fat (2 g sat. fat), 19 mg chol., 183 mg sodium, 12 g carb., 0 g fiber, 1 g sugars, 2 g pro.







# MEATY MAINS

## -BONE STEAK WITH CHIMICHURRI AND ROMAS

HANDS ON 15 minutes AIR-FRY 15 minutes at 400°F

15 min  
@ 400°F

Here's a collection of meat and poultry meals you can really sink your teeth into. Juicy pork tenderloin, roasted whole chicken, and oh-so-tender flank steak, to name a few.

- ½ cup packed fresh cilantro leaves
- ½ cup packed fresh flat-leaf parsley leaves
- 3 cloves garlic
- 2 Tbsp. red wine vinegar
- 2 Tbsp. olive oil, divided
- 1 tsp. cumin seeds, toasted
- ¼ tsp. crushed red pepper
- ¼ tsp. plus ⅛ tsp. black pepper, divided
- ¼ tsp. plus a pinch salt, divided
- 2 tsp. chili powder
- 1 12- to 16-oz. beef T-bone steak, trimmed
- 3 roma tomatoes, halved
- 1 ripe plantain, peeled and sliced ¼ inch thick (note, right)

For chimichurri, in a food processor combine cilantro, parsley, garlic, vinegar, 1 Tbsp. of the oil, the cumin seeds, crushed red pepper, the ⅛ tsp. black pepper, and the pinch of salt. Cover and process until coarsely chopped. Transfer to a bowl.

In a small bowl combine chili powder and the ¼ tsp. each salt

and black pepper. Rub spice mixture over steak. Brush cut sides of tomatoes with 1 tsp. of the oil. Place steak in air-fryer basket. Cook at 400°F for 9 to 10 minutes, turning steak and adding tomatoes (cut side down) after 5 minutes, or until steak is medium rare (145°F) and tomatoes are softened.

Remove steak and tomatoes; cover with foil. Brush plantain slices with remaining 2 tsp. oil. Arrange plantains in a single layer in air-fryer basket. Cook at 400°F for 6 to 8 minutes, turning once halfway through, or until tender and browned.

Serve steak, tomatoes, and plantains with chimichurri and additional black pepper, if you like. **Makes 2 servings** (6 oz. steak + 3 tomato halves + ½ cup plantains + 2½ Tbsp. sauce each).

**PER SERVING** 485 cal., 26 g fat (6 g sat. fat), 80 mg chol., 818 mg sodium, 36 g carb., 5 g fiber, 18 g sugars, 30 g pro.

*Plantains are a starchy tropical fruit related to bananas. A ripe plantain will have blackened skin with dull yellow patches.*



40 min  
@ 350°F

## AIR-FRIED WHOLE CHICKEN

HANDS ON 10 minutes AIR-FRY 40 minutes at 350°F STAND 10 minutes

- 2 Tbsp. salted butter, softened
- 2 tsp. packed brown sugar
- 2 tsp. paprika
- 1 tsp. dry mustard
- ½ tsp. dried thyme, crushed
- ¼ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. black pepper
- 1 3½ lb. whole broiler-fryer chicken

In a small bowl combine first six ingredients (through garlic powder).

Rinse chicken cavity; pat dry with paper towels. Twist wing tips behind back and tie legs together with butchers twine. Rub butter mixture under skin; sprinkle outside with salt and pepper.

Place chicken, breast side down, in air-fryer basket. Cook at 350°F for 40 to 50 minutes, turning once after 35 minutes, or until chicken is done (at least 170°F in thigh; 160°F in breast). Cover with foil; let stand 10 minutes. Chicken breast should register 165°F after standing. **Makes 4 servings** (¼ chicken each).

**PER SERVING** 763 cal., 60 g fat (19 g sat. fat), 211 mg chol., 1,077 mg sodium, 3 g carb., 1 g fiber, 2 g sugars, 49 g pro.

### TEMP CHECK

Insert thermometer into thickest part of thigh. When thigh meat registers 170°F, turn chicken over and insert thermometer into thickest part of breast.

If breast registers 160°F, remove basket from air fryer and cover with foil until breast registers 165°F, about 10 minutes.

*serve with  
pan-seared  
lemon  
halves and  
steamed  
green beans.*





17 min  
@ 400°F  
+ 8 min  
@ 350°F

## ORK TENDERLOIN WITH BALSAMIC BRUSSELS SPROUTS

HANDS ON 25 minutes

AIR-FRY 17 minutes at 400°F +  
8 minutes at 350°F

- 2 Tbsp. olive oil, divided
- 1 tsp. garlic powder
- 1 tsp. dried oregano, crushed
- 1 tsp. dried thyme, crushed
- ½ tsp. salt
- ½ tsp. ground cumin
- ½ tsp. black pepper
- 1 lb. pork tenderloin, trimmed
- 1 lb. Brussels sprouts, trimmed and quartered
- 1 cup sliced red onion
- 1 Tbsp. balsamic vinegar
- Fresh oregano (optional)

Preheat air fryer to 400°F. In a small bowl combine 1 Tbsp. of the oil and next six ingredients (through pepper). Rub spice mixture over meat.

Place meat in air-fryer basket. Cook 17 to 20 minutes, turning once halfway through, or until meat registers 145°F. Cover meat with foil to keep warm.


Meanwhile, in a medium bowl combine Brussels sprouts, onion, vinegar, and remaining 1 Tbsp. oil. Transfer Brussels sprouts mixture to basket. Cook at 350°F for 8 to 10 minutes, stirring once halfway through, or until sprouts are tender and golden.

Thinly slice meat against the grain and serve with Brussels sprouts mixture and fresh oregano (if using). **Makes 4 servings** (3 oz. meat + ¾ cup vegetables each).

**PER SERVING** 240 cal., 9 g fat (2 g sat. fat), 70 mg chol., 365 mg sodium, 14 g carb., 5 g fiber, 4 g sugars, 27 g pro.







50 min  
@ 350°F

## JUICY TURKEY BREAST WITH HERB BUTTER

HANDS ON 10 minutes

AIR-FRY 50 minutes at 350°F

STAND 10 minutes

- 3 Tbsp. chopped fresh flat-leaf parsley
- 2 tsp. chopped fresh rosemary
- 1 clove garlic, coarsely chopped
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{4}$  tsp. black pepper
- 3 Tbsp. salted butter, softened
- 1 2- to 2½-lb. skin-on, boneless turkey breast roast

In a small food processor combine parsley, rosemary, garlic, salt, and pepper. Cover and process until finely chopped. Add butter and process until just combined.

Pat turkey breast dry with paper towels. Rub herb butter mixture under skin.

Place turkey, skin side up, in air-fryer basket. Cook at 350°F for 50 to 60 minutes or until turkey is done (165°F in breast).

Cover turkey with foil and let stand 10 minutes. Slice and serve. Store leftovers in an airtight container for 3 to 4 days. **Makes 6 servings** (4 oz. cooked turkey breast each).

**PER SERVING** 253 cal., 15 g fat (6 g sat. fat), 95 mg chol., 521 mg sodium, 0 g carb., 0 g fiber, 0 g sugars, 27 g pro.

*If you like,  
serve with  
roasted  
multicolor  
carrots and  
an arugula  
side salad.*





## FLANK STEAK WITH VEGGIES

HANDS ON 15 minutes AIR-FRY 26 minutes at 375°F STAND 5 minutes

- 2 Tbsp. olive oil, divided
- ½ tsp. salt
- ¼ tsp. black pepper
- 8 oz. tiny red new potatoes, halved or quartered
- 1 small onion (4 oz.), cut into wedges
- 3 large carrots (12 oz.), cut into 1-inch pieces
- 2 tsp. steak seasoning (such as McCormick Montreal Steak seasoning)
- 1 14- to 16-oz. beef flank steak, trimmed to an even thickness

- 2 Tbsp. shredded Parmesan cheese
- 1 Tbsp. chopped fresh flat-leaf parsley

In a large bowl combine 1 Tbsp. of the oil, the salt, and pepper. Add potatoes, onion, and carrots; toss to coat. Spread potato mixture in air-fryer basket. Cook at 375°F for 8 minutes.

Meanwhile, in a small bowl combine remaining 1 Tbsp. oil and the steak seasoning; rub over meat.

Nestle meat into potato mixture in basket. Cook at 375°F for 18 to 20 minutes, turning meat and rearranging potato mixture once halfway through, or until meat registers 135°F to 145°F and potatoes are tender. Cover meat with foil and let stand 5 minutes.

Meanwhile, toss potato mixture with Parmesan and parsley. Thinly slice meat against the grain and serve with potato mixture.

**Makes 4 servings** (3 oz. meat + ¾ cup vegetables each)

**PER SERVING** 297 cal, 13 g fat (3 g sat. fat), 63 mg chol., 818 mg sodium, 20 g carb., 4 g fiber, 6 g sugars, 24 g pro.







# STUFFED

Each of these apps and sides has a delicious surprise inside—hot and gooey fillings heaped on top or tucked in the middle.

SPINACH-  
ARTICHOKE  
STUFFED  
PEPPERS



5 min  
@ 375°F

## PINACH-ARTICHOKE STUFFED PEPPERS

**HANDS ON** 20 minutes  
**AIR-FRY** 5 minutes per batch at 375°F

- 10 3-inch miniature bell peppers (about 8 oz.)
- $\frac{3}{4}$  to 1 cup refrigerated spinach-artichoke dip
- $\frac{1}{2}$  Tbsp. salted butter, melted
- $\frac{1}{2}$  tsp. paprika
- $\frac{1}{2}$  cup panko

Preheat air fryer to 375°F. Halve peppers lengthwise. Remove and discard seeds. Transfer spinach-artichoke dip to a piping bag or a small resealable plastic bag and snip off a corner. Fill each pepper half until slightly mounded.

In a small bowl combine melted butter and paprika. Add panko; toss to coat. Dip peppers, filling side down, into panko mixture to coat.

Working in batches if needed, arrange pepper halves in a single layer in air-fryer basket. Cook for 5 minutes or until just tender and lightly browned. Keep cooked peppers warm in a 200°F oven, if necessary.

**Makes 10 servings** (2 stuffed pepper halves each).

**PER SERVING** 102 cal., 7 g fat (3 g sat. fat), 14 mg chol., 167 mg sodium, 5 g carb., 1 g fiber, 2 g sugars, 2 g pro.

10 min  
@ 350°F

## CHICKEN-BACON-RANCH PINWHEELS

**HANDS ON** 10 minutes **AIR-FRY** 10 minutes per batch at 350°F

- 1 8-oz. pkg. refrigerated crescent dough sheet
- $\frac{1}{2}$  cup shredded cooked chicken
- 4 slices bacon, crisp-cooked and crumbled (or  $\frac{1}{3}$  cup crumbled bacon)
- 2 Tbsp. ranch dressing
- 1 Tbsp. thinly sliced green onion
- $\frac{1}{3}$  cup shredded cheddar cheese

Line air-fryer basket with a perforated parchment paper sheet (tip, below). On a lightly floured surface, unfold and roll out dough to a 12×8-inch rectangle.

In a small bowl combine chicken, bacon, ranch dressing, and green onion. Top dough

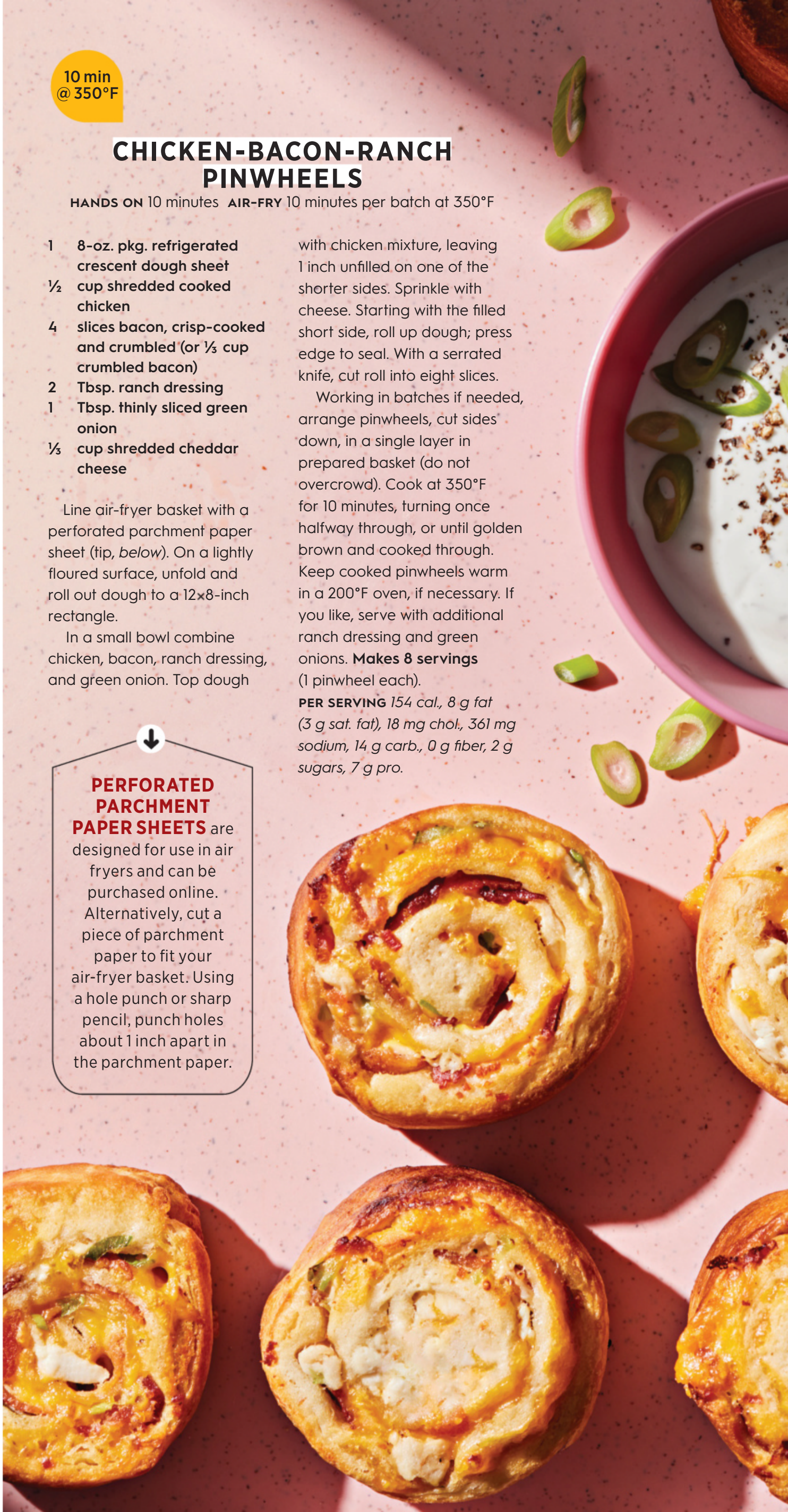
with chicken mixture, leaving 1 inch unfilled on one of the shorter sides. Sprinkle with cheese. Starting with the filled short side, roll up dough; press edge to seal. With a serrated knife, cut roll into eight slices.

Working in batches if needed, arrange pinwheels, cut sides down, in a single layer in prepared basket (do not overcrowd). Cook at 350°F for 10 minutes, turning once halfway through, or until golden brown and cooked through.


Keep cooked pinwheels warm in a 200°F oven, if necessary. If you like, serve with additional ranch dressing and green onions. **Makes 8 servings** (1 pinwheel each).

**PER SERVING** 154 cal., 8 g fat (3 g sat. fat), 18 mg chol., 361 mg sodium, 14 g carb., 0 g fiber, 2 g sugars, 7 g pro.

↓  
**PERFORATED PARCHMENT PAPER SHEETS** are designed for use in air fryers and can be purchased online. Alternatively, cut a piece of parchment paper to fit your air-fryer basket. Using a hole punch or sharp pencil, punch holes about 1 inch apart in the parchment paper.







8 min  
@ 400°F

## EATBALL MARINARA ZUCCHINI BOATS

HANDS ON 10 minutes  
AIR-FRY 8 minutes per batch  
at 400°F

- 2 10-oz. zucchini (7 to 8 inches long)
- $\frac{1}{2}$  tsp. garlic powder
- 12 frozen precooked Italian meatballs, thawed and halved (3 oz.)
- 1 cup marinara sauce
- $\frac{1}{2}$  tsp. crushed red pepper (optional)
- $\frac{2}{3}$  cup shredded mozzarella cheese
- $\frac{1}{4}$  cup grated Parmesan cheese
- Chopped fresh basil

Trim ends of zucchini; cut each zucchini in half lengthwise (tip, *below left*). Using a melon baller or a small measuring spoon, scoop out and discard seeds, leaving  $\frac{1}{4}$ -inch shells. Season insides of zucchini with garlic powder.

Preheat air fryer to 400°F for 3 minutes. Working in batches if needed, place zucchini shells in air-fryer basket. Cook for 5 minutes or just until zucchini begins to soften. Remove from basket.

Meanwhile, for filling, in a small bowl combine meatballs, sauce, and crushed red pepper (if using).

Carefully spoon filling into zucchini shells. Sprinkle with mozzarella. Working in batches if needed, return zucchini boats to basket (do not overcrowd). Cook at 400°F for 3 to 4 minutes or until filling is heated through and cheese is melted. Serve topped with Parmesan and basil.

**Makes 4 zucchini boats.**

**PER ZUCCHINI BOAT** 255 cal., 16 g fat (6 g sat. fat), 42 mg chol., 710 mg sodium, 17 g carb., 4 g fiber, 9 g sugars, 15 g pro.

*zucchini  
is too long  
to fit in the  
air-fryer  
basket,  
trim to fit  
as needed.*





35 min  
@ 400°F +  
6 min  
@ 375°F

## WICE-BAKED SWEET POTATOES WITH HOT HONEY

HANDS ON 15 minutes

AIR-FRY 35 minutes at 400°F + 6 minutes per batch at 375°F

8-oz. sweet potatoes

- 1 Tbsp. olive oil
- 2 oz. cream cheese, softened
- 2 Tbsp. salted butter, softened
- 1 Tbsp. packed brown sugar
- $\frac{3}{4}$  tsp. pumpkin pie spice
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  cup chopped toasted pecans
- 1 Tbsp. hot honey (such as Mike's Hot Honey) (optional)

Scrub potatoes thoroughly; pat dry. Prick potatoes with a fork and lightly coat with oil. Place potatoes in air-fryer basket. Cook at 400°F for 35 to 40 minutes, turning once halfway through, or until tender and deep golden brown. Remove potatoes; cool slightly.

Carefully cut potatoes in half lengthwise. Scoop out potato pulp, leaving  $\frac{1}{4}$ -inch shells. Place pulp in a medium bowl.

Mash pulp with a potato masher. Stir in cream cheese, butter, brown sugar, pumpkin pie spice, and salt. Spoon potato mixture into potato shells.

Working in batches if needed, return stuffed potato halves to air-fryer basket. Cook at 375°F for 6 minutes or until heated through. Top with chopped pecans and drizzle with hot honey (if using). **Makes 4 servings** (1 sweet potato half each).

**PER SERVING** 307 cal., 19 g fat (7 g sat. fat), 30 mg chol., 299 mg sodium, 32 g carb., 4 g fiber, 13 g sugars, 3 g pro.

### HOT HONEY

Hot honey is made by infusing regular honey with fresh or dried chiles (or other spicy ingredients). Look for it in grocery stores or online. Or to make your own, stir 1 Tbsp. crushed red pepper into cup honey. Cover and store at room temperature up to 3 months.





*If you top the egg rolls with sesame seeds, be careful when turning them to keep the seeds from falling off.*

8 min  
@ 370°F

## HEESEBURGER EGG ROLLS

HANDS ON 25 minutes AIR-FRY 8 minutes per batch at 370°F

- 12 oz. lean ground beef
- $\frac{3}{4}$  cup chopped onion
- $\frac{1}{4}$  cup ketchup, divided
- 2 Tbsp. plus 2 tsp. finely chopped pickles, divided
- 2 tsp. yellow mustard
- $\frac{1}{2}$  tsp. black pepper
- 8 egg roll wrappers
- 8 slices American cheese
- 2 tsp. sesame seeds (optional)
- Nonstick cooking spray
- $\frac{1}{4}$  cup mayonnaise
- 1 tsp. sugar
- 1 tsp. white vinegar

In a 10-inch skillet cook beef and onion over medium-high until meat is browned. Drain off fat. Stir in 2 Tbsp. of the ketchup,

the 2 Tbsp. chopped pickles, the mustard, and pepper. Cool filling slightly.

For each egg roll, place egg roll wrappers on a work surface with a corner pointing toward you. Place one slice cheese on each wrapper and top with  $\frac{1}{3}$  cup meat mixture just below center. Fold bottom corner over filling, tucking it underneath. Fold in opposite corners; roll up egg roll. Moisten top corner with water; press firmly to seal. Brush tops of egg rolls with additional water and sprinkle with sesame seeds (if using). Lightly coat egg rolls with cooking spray.

Working in batches if needed, arrange egg rolls in a single layer in air-fryer basket. Cook at 370°F for 8 to 10 minutes, turning once halfway through, or until golden and crisp.

Meanwhile, for the sauce, in a small bowl stir together mayonnaise, remaining 2 Tbsp. ketchup, the 2 tsp. chopped pickles, the sugar, and vinegar. Serve with egg rolls. **Makes 8 servings** (1 egg roll + about 1 Tbsp. sauce each).

**PER SERVING** 336 cal., 18 g fat (7 g sat. fat), 61 mg chol., 829 mg sodium, 25 g carb., 1 g fiber, 4 g sugars, 17 g pro.



12 min  
@ 350°F

## HOCOLATE-RASPBERRY TURNS

HANDS ON 20 minutes AIR-FRY 12 minutes per batch at 350°F STAND 30 minutes

- 1 oz. cream cheese, softened
- 1 Tbsp. powdered sugar
- 1/8 tsp. salt
- 1 cup fresh raspberries
- 2/3 cup semisweet or  
bittersweet chocolate  
chips, divided
- 1/2 of a 17.3-oz. pkg. frozen  
puff pastry sheets (1 sheet),  
thawed
- 1 egg
- 1 Tbsp. water
- Nonstick cooking spray

In a medium bowl combine cream cheese, powdered sugar, and salt. Gently fold in raspberries and 1/2 cup of the chocolate chips until combined and raspberries break down slightly.

On a lightly floured surface unfold and roll out pastry sheet to a 12-inch square. Cut into nine 4-inch squares. For each turnover, spoon about 2 Tbsp. filling into the center of each square; spread slightly.

In a small bowl beat together egg and the water. Brush edges of pastry squares with egg mixture. Fold each square in

half to form a triangle. Seal edges with the tines of a fork. Brush tops of turnovers with egg mixture. Coat bottoms of turnovers with cooking spray.

Working in batches if needed, arrange pastries in a single layer in air-fryer basket (do not overcrowd). Cook at 350°F for 12 minutes or until golden brown. While turnovers cool, melt remaining chocolate chips. Drizzle turnovers with melted chocolate. Let stand 30 minutes before serving.

**Makes 9 turnovers.**

**PER TURNOVER** 209 cal., 13 g fat (7 g sat. fat), 27 mg chol., 155 mg sodium, 22 g carb., 2 g fiber, 9 g sugars, 4 g pro.

### CHILL OUT

If your puff pastry starts to get warm during assembly, place it in the refrigerator to chill. Warm puff pastry tears easily and is hard to work with.





**And now it's time for the sweets and treats! The air fryer works its magic on lava cakes, a jumbo cookie, and even spiced churro apple rings for the perfect ending to your meal.**

# **A SWEET FINISH**





11 min  
@ 350°F

## MINI CHOCOLATE MOLTEN LAVA CAKES

HANDS ON 15 minutes

AIR-FRY 11 minutes per batch at 350°F STAND 3 minutes

*his batter  
can be made  
ahead through  
Step 2 and  
chilled  
overnight.  
To cook,  
follow Step 3.*

- Nonstick cooking spray
- 6 oz. bittersweet chocolate, chopped
- ½ cup salted butter
- ½ cup granulated sugar
- 3 eggs, lightly beaten
- 1 tsp. vanilla
- ¼ tsp. salt
- ¼ cup all-purpose flour
- Powdered sugar or cocoa powder (optional)
- Vanilla ice cream (optional)
- Fresh berries (optional)

Preheat air fryer to 350°F for 5 minutes. Coat four 5- to 6-oz. ramekins with cooking spray.

In a medium microwave-safe bowl, heat chocolate and butter in microwave on 50% power until melted, 1 to 2 minutes, stirring

every 20 seconds. Whisk in granulated sugar, eggs, vanilla, and salt until combined. Fold in flour. Evenly spoon batter into prepared ramekins.

Working in batches if needed, place ramekins in air-fryer basket. Cook 11 minutes or until cakes are done (145°F to 155°F) and edges and tops are set. Let stand in air fryer 3 minutes. Carefully remove ramekins and invert onto a plate for serving. Serve warm with desired toppings. **Makes 4 lava cakes.**

**PER LAVA CAKE** 599 cal., 42 g fat (25 g sat. fat), 201 mg chol., 382 mg sodium, 53 g carb., 6 g fiber, 41 g sugars, 9 g pro.





*Chewy in the middle and crispy on the edges, this decadent cookie is irresistible!*

20 min  
@ 360°F

## JUMBO RED VELVET COOKIE

HANDS ON 15 minutes AIR-FRY 20 minutes at 360°F COOL 5 minutes

Nonstick cooking spray  
 $\frac{3}{4}$  cup all-purpose flour  
 $4\frac{1}{2}$  tsp. unsweetened cocoa powder  
 $\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{4}$  tsp. baking soda  
 $\frac{1}{8}$  tsp. salt  
3 Tbsp. salted butter, softened  
 $\frac{1}{3}$  cup granulated sugar  
 $\frac{1}{4}$  cup packed brown sugar  
1 egg yolk  
1 tsp. red liquid food coloring  
 $\frac{1}{2}$  tsp. vanilla  
 $\frac{1}{2}$  cup semisweet chocolate chips  
Vanilla ice cream (optional)  
Sprinkles (optional)

**1.** Line the bottom of a 6-inch cake pan with parchment paper and coat with cooking spray. In a small bowl whisk together flour, cocoa, baking powder, baking soda, and salt.

**2.** In a medium bowl beat butter with a mixer on medium speed 30 second. Add both sugars. Beat until combined, scraping bowl as needed. Beat in egg yolk, food coloring, and vanilla. Beat in flour mixture. Stir in chocolate chips. Press dough into prepared pan.

**3.** Place pan in air-fryer basket (tip, p. 72). Cook at 360°F for

20 minutes or until set, wrapping top of pan with foil after 15 minutes to prevent overbrowning. Uncover and cool in pan on a wire rack 5 minutes. Loosen edges of cookie with a thin spatula and invert onto wire rack to remove from pan. Serve cookie warm. If you like, top with ice cream and sprinkles. **Makes 4 servings** ( $\frac{1}{4}$  cookie each).

**PER SERVING** 388 cal., 17 g fat (10 g sat. fat), 69 mg chol., 288 mg sodium, 60 g carb., 3 g fiber, 39 g sugars, 4 g pro.



6 min  
@ 350°F

## CHOCOLATE SANDWICH NUGGETS

HANDS ON 10 minutes

AIR-FRY 6 minutes per batch  
at 350°F

- 1 cup dry pancake mix\*
- $\frac{1}{3}$  cup milk
- 1 egg
- 2 Tbsp. vegetable oil
- $\frac{1}{2}$  tsp. vanilla
- $\frac{1}{2}$  cups cornflakes, crushed  
(1 cup crushed)
- 12 chocolate sandwich  
cookies with white filling
- Nonstick cooking spray

Preheat air fryer to 350°F.

In a medium bowl whisk together pancake mix, milk, egg, oil, and vanilla. Place cornflakes in a shallow dish.

Dip cookies into batter, allowing excess to drip off, then press into cornflakes to coat. Coat cookies with cooking spray.

Working in batches if needed, arrange cookies in a single layer in air-fryer basket (do not overcrowd). Cook for 6 minutes, turning once after 4 minutes, or until golden brown. **Makes 12 cookies.**

**\*TIP** If you don't have pancake mix, use 1 cup all-purpose flour, 2 Tbsp. sugar, 2 tsp. baking powder, and  $\frac{1}{2}$  tsp. salt.

**PER COOKIE** 115 cal., 4 g fat (1 g sat. fat), 11 mg chol., 209 mg sodium, 18 g carb., 1 g fiber, 7 g sugars, 2 g pro.

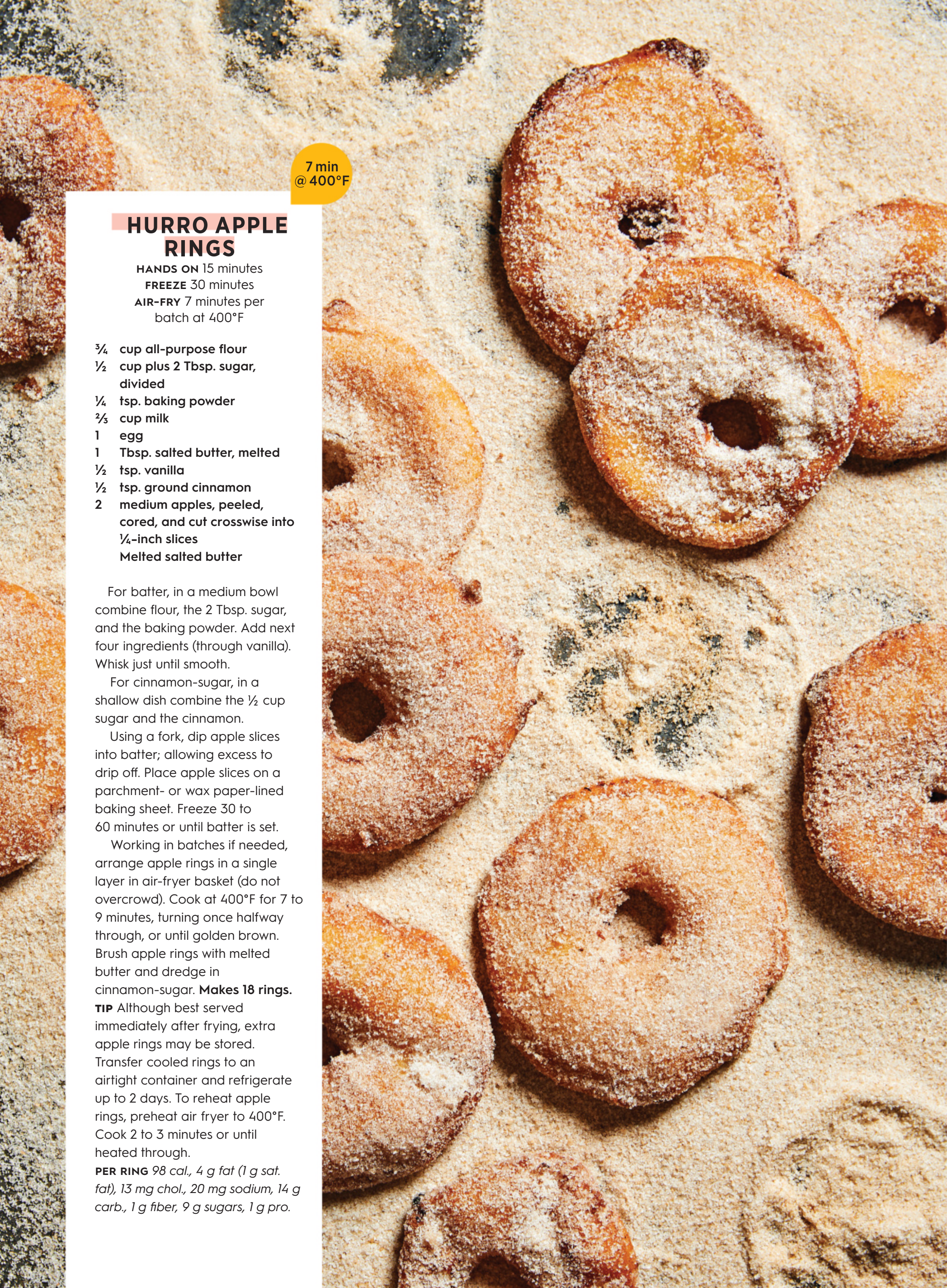
### DIP IT

Dip these sandwich nuggets in whipped cream, caramel or chocolate sauce, or our Sweet Dip.

**SWEET DIP** In a small bowl beat together 4 oz. softened cream cheese,  $\frac{1}{2}$  cup powdered sugar, 2 Tbsp. milk,  $\frac{1}{2}$  tsp. vanilla, and  $\frac{1}{4}$  tsp. salt with a mixer until smooth. If you like, top with honey.







7 min  
@ 400°F

## HURRO APPLE RINGS

**HANDS ON** 15 minutes

**FREEZE** 30 minutes

**AIR-FRY** 7 minutes per  
batch at 400°F

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  cup plus 2 Tbsp. sugar,  
divided
- $\frac{1}{4}$  tsp. baking powder
- $\frac{2}{3}$  cup milk
- 1 egg
- 1 Tbsp. salted butter, melted
- $\frac{1}{2}$  tsp. vanilla
- $\frac{1}{2}$  tsp. ground cinnamon
- 2 medium apples, peeled,  
cored, and cut crosswise into  
 $\frac{1}{4}$ -inch slices
- Melted salted butter

For batter, in a medium bowl combine flour, the 2 Tbsp. sugar, and the baking powder. Add next four ingredients (through vanilla). Whisk just until smooth.

For cinnamon-sugar, in a shallow dish combine the  $\frac{1}{2}$  cup sugar and the cinnamon.

Using a fork, dip apple slices into batter; allowing excess to drip off. Place apple slices on a parchment- or wax paper-lined baking sheet. Freeze 30 to 60 minutes or until batter is set.

Working in batches if needed, arrange apple rings in a single layer in air-fryer basket (do not overcrowd). Cook at 400°F for 7 to 9 minutes, turning once halfway through, or until golden brown. Brush apple rings with melted butter and dredge in cinnamon-sugar. **Makes 18 rings.**

**TIP** Although best served immediately after frying, extra apple rings may be stored. Transfer cooled rings to an airtight container and refrigerate up to 2 days. To reheat apple rings, preheat air fryer to 400°F. Cook 2 to 3 minutes or until heated through.

**PER RING** 98 cal., 4 g fat (1 g sat. fat), 13 mg chol., 20 mg sodium, 14 g carb., 1 g fiber, 9 g sugars, 1 g pro.





9 min  
@ 370°F

## RAWBERRY SHORTCAKES

HANDS ON 20 minutes

AIR-FRY 9 minutes per batch  
at 370°F

COOL 30 minutes

- $\frac{3}{4}$  cup all-purpose flour
- 3 Tbsp. sugar, divided
- $\frac{1}{2}$  tsp. baking powder
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{8}$  tsp. baking soda
- 3 Tbsp. cold salted butter, cut up
- 1 egg
- $\frac{1}{4}$  cup sour cream or plain yogurt
- $\frac{1}{2}$  cups sliced fresh strawberries, divided
- 1 recipe Sweetened Whipped Cream (left)

### SWEETENED WHIPPED CREAM

In a chilled bowl combine  $\frac{1}{2}$  cup heavy cream, 1 Tbsp. sugar, and  $\frac{1}{4}$  tsp. vanilla. Beat with a mixer on medium speed until soft peaks form (tips curl).



Line air-fryer basket with parchment paper. In a medium bowl combine flour, 2 Tbsp. of the sugar, the baking powder, salt, and baking soda. Cut in butter until mixture resembles coarse crumbs. Using the back of a spoon, make a well in the center of flour mixture.

In a small bowl beat egg with a fork. Add sour cream and whisk with the fork until combined. Add to flour mixture all at once. Stir with a fork just until moistened.

Working in batches if needed, drop dough in mounds (scant  $\frac{1}{4}$  cup each) onto parchment in basket (do not overcrowd). Cook at 370°F for 9 to 11 minutes or until golden. Cool on wire rack 30 minutes.

Meanwhile, in a bowl combine 2 cups of the strawberries and remaining 1 Tbsp. sugar. Using a potato masher, coarsely mash berries. Stir in remaining  $\frac{1}{2}$  cup strawberries.

To serve, cut shortcakes in half horizontally. Spoon Sweetened Whipped cream and half of the strawberry mixture over shortcake bottoms. Replace shortcake tops. Top with remaining strawberry mixture. **Makes 4 shortcakes.**

**PER SHORTCAKE** 384 cal, 23 g fat (14 g sat. fat), 110 mg chol., 344 mg sodium, 39 g carb., 2 g fiber, 18 g sugars, 6 g pro.



# RECIPES

## APPETIZERS & SNACKS

Brazilian Cheese Bread  
Cheeseburger Egg Rolls  
Chicken-Bacon-Ranch  
Pinwheels  
Crispy Chicken Taquitos  
Dill Cheese Curds  
Fried Mac and Cheese  
Balls  
Jalapeño Poppers  
Melted Brie  
Mozzarella Cheese  
Sticks  
Pickle Chips with Creole  
Dipping Sauce  
Pimento Mac and  
Cheese Rolls  
Ranch-Crusted Baby  
Cheeses  
Ravioli with Marinara  
Sauce  
Savory Pasta Chips  
Spanakopita Bites  
Spiced Halloumi  
Spicy Buffalo Chicken  
Wings  
Spinach-Artichoke  
Stuffed Peppers  
Tropical Guava BBQ  
Chicken Wings

## BEEF, LAMB & PORK

BBQ Ham and  
Pineapple Pizza Pocket  
Cubano Sliders  
Flank Steak with  
Veggies  
French Dip Sliders  
Herbed Lamb Chops  
with Baby Potatoes and  
Grapes  
Italian-Style Sliders  
Kofta Wraps with  
Honey Tahini  
Meat-Lover Stromboli  
Pepperoni Pizza Bombs

Pork Tenderloin with  
Balsamic Brussels  
Sprouts  
Supreme Pizza Tarts  
Taco Pizza Dilla  
T-Bone Steak with  
Chimichurri and Romas

## BREAKFAST

Banana-Oatmeal Bites  
Blueberry and Cream  
Cheese French Toast  
Muffins  
Crueller Donuts  
Mini Bacon and Cheese  
Scones  
Raspberry Coffee Cake  
Toad-in-the-Hole Tarts

## CHICKEN & TURKEY

Air-Fried Whole  
Chicken  
Buttermilk-Brined  
Cajun Fried Chicken  
Chicken Piccata  
Chicken Tinga Sliders  
Garam Masala-Spiced  
Chicken Drumsticks  
Hasselback Chicken  
Jalapeño Popper  
Stuffed Chicken Thighs  
Juicy Turkey Breast  
with Herb Butter  
One-Basket  
Mediterranean  
Chicken Dinner  
Turkey Club  
Sliders  
with Ranch

## DESSERTS

Butterscotch Freezer  
Cookies  
Chocolate Freezer  
Cookies  
Chocolate-Raspberry  
Turnovers  
Chocolate Sandwich  
Nuggets  
Churro Apple Rings  
Jumbo Red Velvet  
Cookie  
Lemon Freezer Cookies  
Mini Chocolate Molten  
Lava Cakes  
Pistachio-Cranberry  
Freezer Cookies  
Strawberry Shortcakes  
Vanilla Freezer Cookies

## FISH & SEAFOOD

Blackened Tuna with  
Avocado-Citrus Salad  
Coconut Shrimp  
Harissa-Lime Salmon  
with Asparagus  
Scallops with Roasted  
Corn Salad

## MEATLESS MAINS

Falafel with Roasted  
Peppers and Tzatziki  
Fennel and Butternut  
Squash Salad

## SIDES & EXTRAS

Breaded Zucchini Chips  
Charred Smashed  
Sambal Broccoli  
Chipotle Lime Corn Ribs  
Crisp Plantain Chips  
Crispy Cauliflower Bites  
Everything Onion Dip  
Lemon Couscous  
Meatball Marinara  
Zucchini Boats  
Onion Rings with  
Dipping Sauce  
Parmesan-Basil  
Zucchini Fritters  
Phyllo Asparagus  
Bundles  
Potato Chips  
Roasted Beet and  
Crunchy Apple Salad  
Sweet Potato Chips  
Turmeric Rice  
Twice-Baked Sweet  
Potatoes with  
Hot Honey



31  
CUBANO SLIDERS





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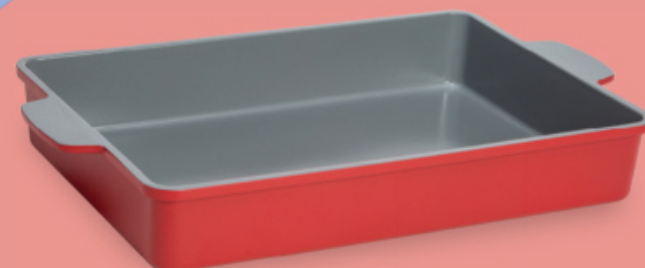
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